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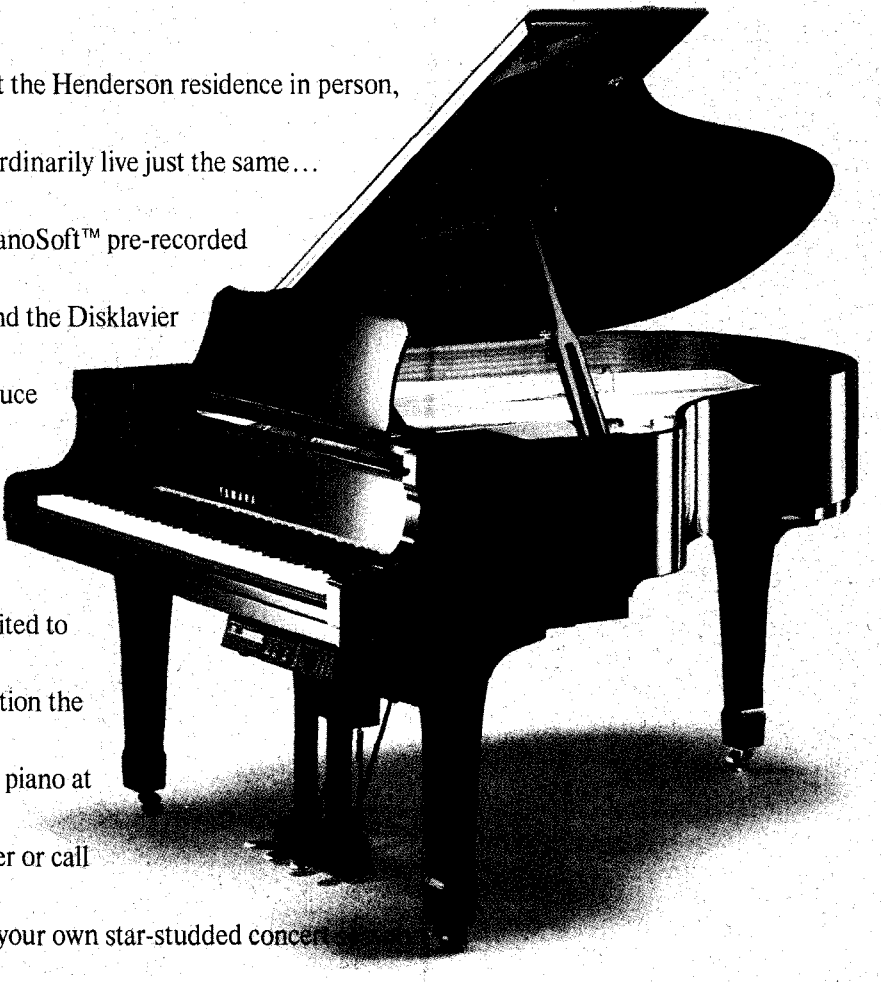

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Stop Injections for B_{12} Deficiency—say renowned hematologists who believe oral vitamin B_{12} should be the treatment of choice. 46

Nest Scholarship Races and Games—took kids from across the U.S. and put them on the right track for a healthful future. 38

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THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
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(Cover illustration by Norman Rockwell)

The Saturday Evening Post (ISSN: 0048-9239) is published bimonthly by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Printed in U.S.A. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices. Copyright ©1994 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S. Patent Office. Membership Subscription Prices: U.S. and possessions—1 year, $13.97. Canada and all other countries—$20.97. *The Saturday Evening Post* editorial, circulation, and business offices are located at 1100 Waterway Boulevard, Indianapolis, IN 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 7075, Red Oak, IA 51591-0132.** Allow six weeks for change of address. Unsolicited manuscripts, artwork, and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork, or photographs. The names of characters used in all *The Saturday Evening Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

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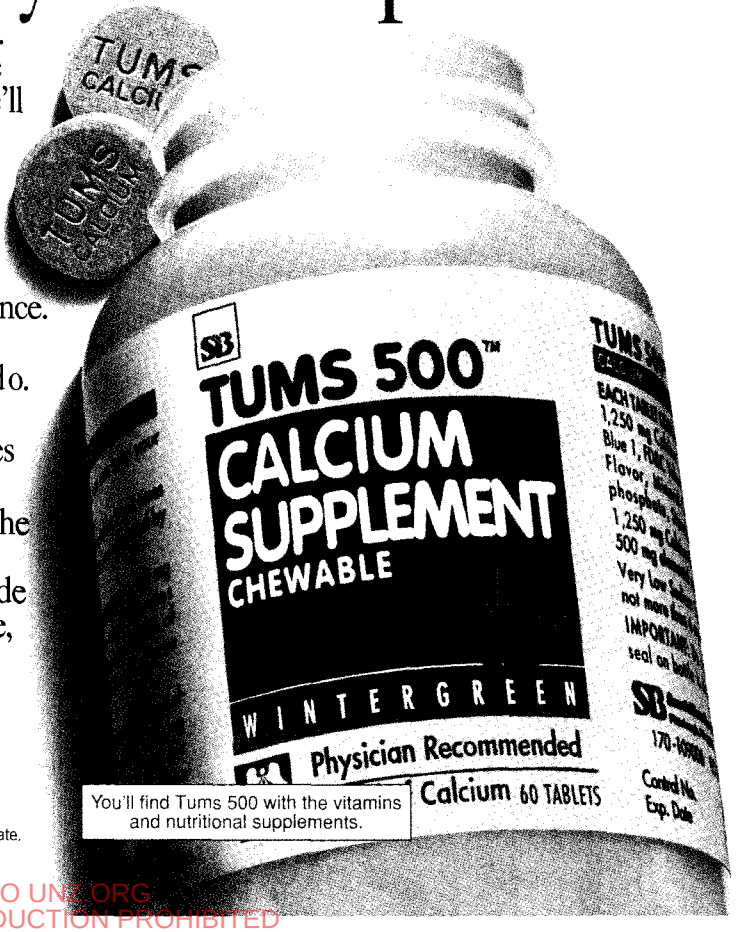

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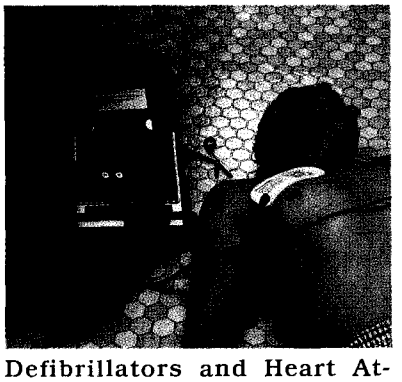

Defibrillators and Heart Attacks—Lessons learned in New York City and Seattle show that thousands of lives would be saved if emergency crews carried this essential equipment. **22**

Letters

We Appreciate Norman

Thanks to you, *Saturday Evening Post*, for providing the outlet for Norman Rockwell's always enjoyable creations. Your May/June '94 tribute is outstanding. It is another collector's item.

Most of us living the golden years of our 80s grew up almost taking Norman Rockwell for granted. The *Post* was the reason. We came to enjoy the regular appearance of still another masterpiece each time the magazine arrived in our mail. It became practically a veritable, but most worthwhile, habit.

It is impossible to recall all the reactions to his wide range of subjects. One thing is sure, we were never disappointed. The vexing problem of reserving one special painting as a favorite was that soon another outdistanced our selection. Then, the never-ending stream would continue until we would say, "Oh what's the use? They are all my favorites."

For those who might never see the generous showing of some of his original works in the museum at Stockbridge, Massachusetts, it is encouraging to learn there may be a traveling exhibit that could hopefully come to our cities.

John E. Carr
Salt Lake City, Utah

Editor's note: It should please you, as well as other Norman Rockwell fans, to note that, in celebration of his 100th anniversary year, we will be presenting his Post *cover works for the remaining 1994 issues.*

More "IBD Reports"

This letter is written in appreciation of the pages you devoted to a special report on inflammatory bowel disease. I was pleased to share the report with the support group I facilitate.

As a wife and mother whose husband and son suffered from IBD, and as facilitator of a support group of the Illinois Carol Fisher Chapter of the Crohn's and Colitis Foundation of America, I am committed to the value of sharing knowledge and experience to improve the quality of life for people facing the serious challenge of Crohn's or ulcerative colitis.

Your comprehensive report was special in so many ways, not the least of which was its tragically realistic

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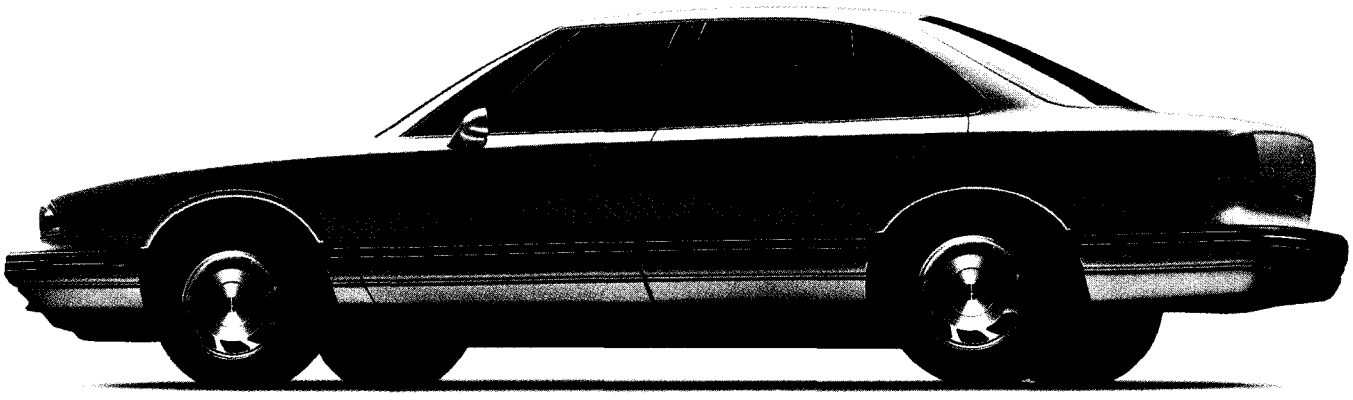

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perspective in "Losing Charlene." (Both my husband and our son almost lost their lives to ulcerative colitis.) So many people do not realize the gravity of inflammatory bowel disease in all its aspects, including the medications used to treat it, the ways to cope which can be so crucial to a person's future, insurance considerations, etc.

Your report is an invaluable addition to our learning library, for truly our attitudes and those of our families and friends—not to mention physicians, employers, and legislators—are shaped by information and strengthened by understanding of these unpredictable and often devastating diseases.

Betty Codell
Chicago, Illinois

As a mother of twin girls, age 11, who have ulcerative colitis, I was pleased to see such an informative article about IBD in your Jan./Feb. '94 issue. I am very grateful to all of the doctors working so hard on improving the medications for this disease. I also appreciate Mary Ann Mobley for her outspokenness on the subject of inflammatory bowel disease. I know it is difficult at times to speak about a disease that is embarrassing by nature, but educating people about the disease helps make life easier for those who have it. Again, I express my thanks to your magazine for such a thorough look at a disease that my family will live with for a long time to come.

Marilyn Vartabedian
Fresno, California

I want to congratulate you on the Jan./Feb. '94 issue. It was outstanding for its medical articles. I was particularly interested in the ones covering ulcerative colitis and the excellent information you had about it.

The doctors who wrote about it covered a great deal of technical medical information that was very readable and which I had not found in my other reading. I contracted the disease a year ago and had difficulty finding out much about it.

Thanks for the great issue.

Donald H. Erickson
Glen Rock, New Jersey

"Mr. Burpee? I got the plants. When do you send the tomatoes?"

We Get 'Em When They're Young!

I was going over some old photographs and came across a picture of my two older sisters looking at *The Saturday Evening Post.* I could see the date of the magazine was July 5, 1913. My sisters would be aged three and two at that time.

As you can see, the cover of the magazine has a picture of two girls, one holding the American flag, probably in celebration of the Fourth of July.

I have many happy memories of looking at the pictures in the *Post* when I was growing up.

Enid Touzeau
Osoyoos, British Columbia, Canada

Feeling Our "Doats"

I was devastated to read in Wen Smith's otherwise excellent article on "Mairzy Doats" in the May/June issue that the penultimate line was to be interpreted "a kid'll eat ivy too." Surely this cannot be correct. Not only do I remember the line differently than Mr. Smith, but so excellent and educational a song as "Mairzy Doats" would not contain a contraction so vulgar as "kid'll."

However, since I was born in '44, when Wen was off to win a war, the explanation is obvious. Mr. Smith (how shall I put it gently) is getting on in years and has forgotten the true interpretation.

Lest your younger readers be misled and deprived of this essential component in their cultural panoply, the correct penultimate line of "Mairzy Doats" is "And cattle eat ivy too." Not only is this version better grammatically, it also makes better sense and will not lead young children to unfortunate dietary experiments. One must consider that songs such as "Mairzy Doats" do appeal to the impressionable young. I distinctly remember that when I first heard "Mairzy Doats," I wasn't moved to munch on the house plants, although

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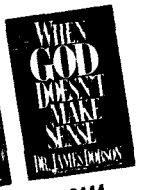

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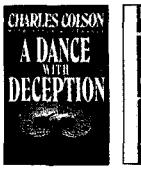

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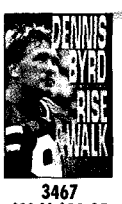

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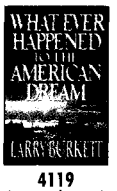

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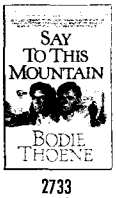

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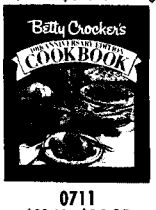

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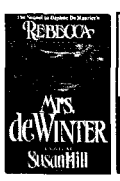

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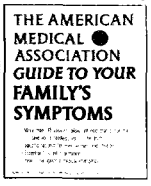

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my mother was needlessly upset when I ate a whole mud pie on a dare.

Frederick R. Hanhisalo
Duxbury, Massachusetts

Editor's note: The song "Mairzy Doats," published in 1943, sold 100,000 copies in just one day (an amazing amount for the time). The lyrics are spelled exactly as follows: "Mairzy doats and dozy doats and liddle lamzy divey/A kiddley divey too, wouldn't you?" As the song's refrain goes, "If the words sound queer and funny to your ear,/A little bit jumbled and jivey,/Sing 'Mares eat oats and does eat oats/And little lambs eat ivy'!"

Shelley's Work Not in Vain

Thank you for the enlightening article about Shelley Fabares in the March/April '94 edition of the *Post*.

I have followed Shelley Fabares' career since developing a boyhood crush on her during "The Donna Reed Show," so I knew about her involvement with the Alzheimer's Association. In fact, at a celebrity auction I attended, I put in a bid on a pair of earrings she donated for the benefit of Alzheimer's patients. Unfortunately, I was not the highest bidder.

At the present time, nobody in my family suffers with this terrible disease. But Shelley Fabares has certainly helped to raise my awareness of Alzheimer's disease. And I now know there are support groups and assistance available if the need should ever arise.

Thank you, Shelley. All your hard work is certainly not being done in vain.

Brian Mickelson
Milwaukee, Wisconsin

He Got His Start With the *Post*

I am sending you this picture of my brother, one of your *SatEvePost* business "men" from the year 1924. This young man—name of John Westerdale—had a contract with The Curtis Publishing Company. He bought large quantities—probably 30 or 40 magazines and maybe more—and had other young boys delivering them in our neighborhood in Memphis, Tennessee.

My father had to sign the contract because he was too young. Anyway, he is a bit of the *Post*'s past. We used to love the continued stories, "Mr. Tutt," etc.

Harriet Johnston
Applegate, Michigan

Not Taking Old Age Lying Down!

I was deeply intrigued by your recent article, "Use 'Em or Lose 'Em," in the March/April '94 issue of the *Post*. I am a physically active 79-year-old man who strongly believes in what you wrote—that many seniors are "institutionalized not because of any disease or cognitive impairment, but because of muscle weakness."

I believe in a three times a week or more workout of strengthening muscles and tendons through resistance training. Exercise is just good medicine. Since 1982, I've been playing indoor tennis three to four times a week, and believe me, it pays off in quality health. I take no medication whatsoever, and have not over the years.

Being inactive is the most hazardous thing you can do for your health. Seniors often like to sit around and talk about their various operations; it almost sounds like an organ recital.

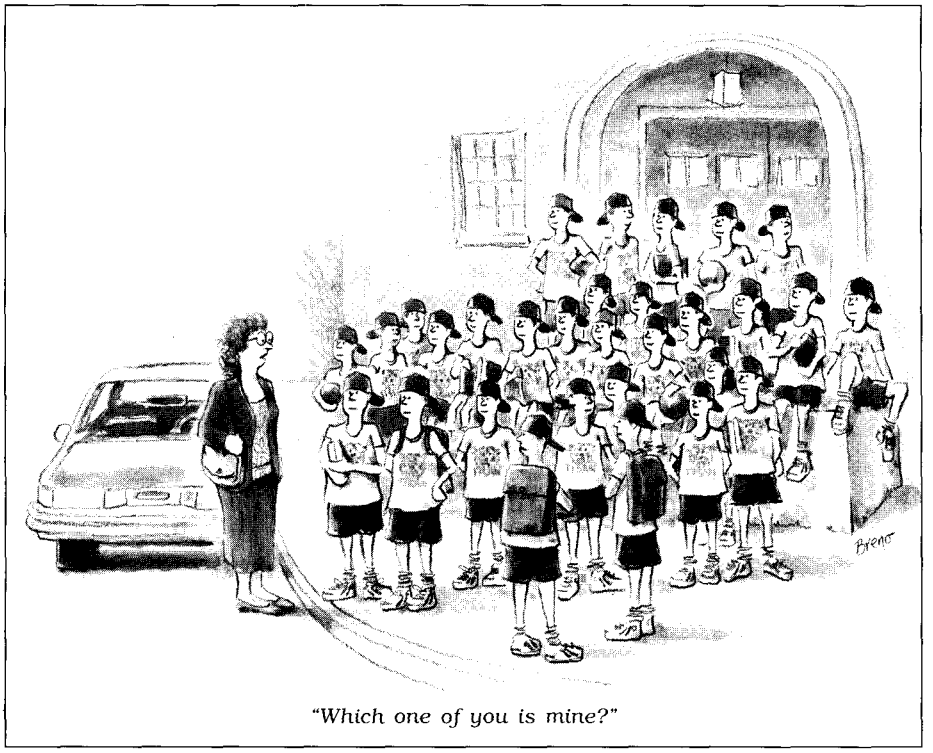
Those who have no time for exercise now will sooner or later have to find time for illness. It is sad to visit nursing and retirement centers and note the muscle weakness of most of the residents.

Keep up the good work with articles on seniors' need for exercise.

John Deurwaarder
Vancouver, Washington

"Use 'Em or Lose 'Em" in the March/April '94 issue of the *Post* raised a lot of questions in my mind. My wife and I own a small water company and, until a year ago, were working at medium-heavy construction. We built liquid storage tanks and were running the crew and working with them, not sitting in the office giving orders. Just after my 70th birthday, our insurance company politely told me to retire from our construction business.

No problem, we thought; there is enough work with the water company, and we are still active in the sale of liquid storage tanks. Working four or more hours a day (with sales trips, etc.) seemed to keep us (we thought) in pretty good condition. By the middle of last winter, we noticed a definite



"Which one of you is mine?"

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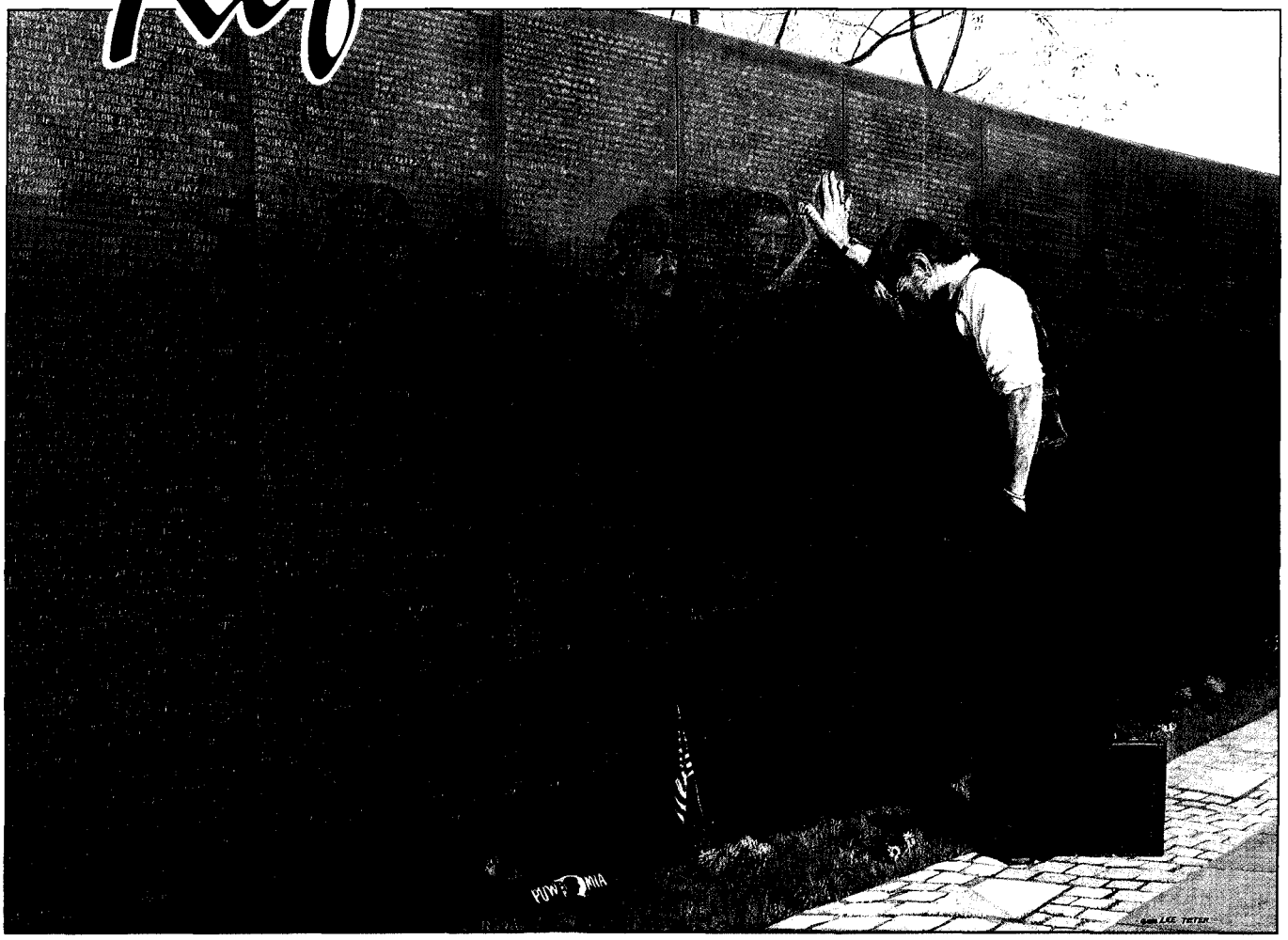
Reflections

by Lee Teter



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The Vietnam Veterans of America present the inspirational art print "Reflections" by Lee Teter which gives visual definition to the purpose and meaning that "The Wall" has for Americans – not just a list of faceless names, but a place to visit and remember people we love, who fought for each other and America.

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"middle-age spread," as well as a definite shortness of breath. This spring, in addition to the work we do every day, we have started a mild exercise program. It has not changed our weight, but we have both taken an inch or more from our waistlines and feel we are about back where we were in January of 1993.

Anyhow, we feel that your article is great and should be required reading for everyone past 50.

Pete Mandeville
Sedona, Arizona

Praise for Prozac

Your March/April '94 issue had an article on Prozac, something I had no idea was available until two weeks ago, when my 23-year-old daughter said she was "going on it!" You can imagine my many concerns, but after reading your article, I felt much more at ease about her taking this drug. It was a very well-written, nontechnical, and informative article, and I thank you for publishing it. Since my daughter is away at college, I mailed her a copy.

Seeing "Prozac" on the cover of your magazine jumped out at me when it arrived, and I immediately read the article. It also made me aware of the card that read, "This is your last issue," and that apparently I had not renewed as I intended. So your Prozac article was beneficial to me in more than one way.

This is now the third generation enjoying your magazine! As a youngster, my parents subscribed to *The Saturday Evening Post,* and you made me a lover of Norman Rockwell's work when I was a teenager!

Penny Redmond
Chestertown, New York

An American Treasure

Thank you for those two articles by Dr. Raymond Damadian in your June '94 issue of the *Post.*

In 1986, I lost a very close, very young relative to a "curable cancer." Early detection would have surely saved or extended my cousin's life.

My research led me to Dr. Damadian and his FONAR Corp. His synopsis in the *Post* barely touches on the ridicule and thievery that this doctor has been through.

Dr. Damadian is gracious in comparing his patented machine to that of Dr. Robert Kearns. There's no doubt that Kearns was burnt. However, Dr. Kearns made a change on an already-working apparatus. He was robbed, but not in the same way.

Damadian invented an entire science, an entire technology. Can you imagine General Electric spending ten-plus years on research and development and having Raymond Damadian steal from them?! Isn't it strange that a large, quality company like Johnson & Johnson went out of the MRI industry (in its infancy) after they "won" a patent trial?!

Damadian and FONAR will get their justice and become known as the technology leaders that they are. Dr. Damadian deserves his place in history right next to the Roentgens and Einsteins that preceded him. He's an American treasure.

Michael Uretsky
Sharon, Massachusetts

In regard to the article on Dr. Damadian, inventor of the MRI, there is no doubt he is a brilliant man and has done more for the American people than the average person will ever realize.

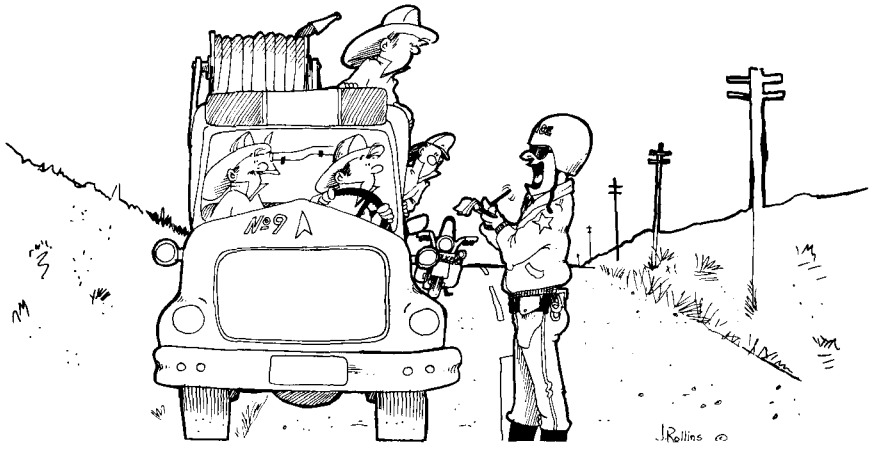
Is it any wonder the American people have turned into cynics? Why should a judge have the authority to overturn a jury's decision? What was the purpose of the trial? Who was the judge? Since he overturned the verdict, did he pay for the cost of the trial?

As an investor in FONAR who had great faith in Dr. Damadian and the company, I was incredulous when I read your article. What a joke our legal system and government have become. There seems to be no honesty, dignity, or common sense in anything connected with politics. How sad!

The very things our country was founded on seem to be forgotten. The patent office might as well be dissolved, along with hundreds of other useless government agencies. Perhaps we could use the money saved to pay some on the national debt.

I would suggest to the good doctor that he not bother patenting any new inventions for the "big boys" to steal.

A disillusioned U.S. citizen



"What's the hurry, Mac? Goin' to a fire?"

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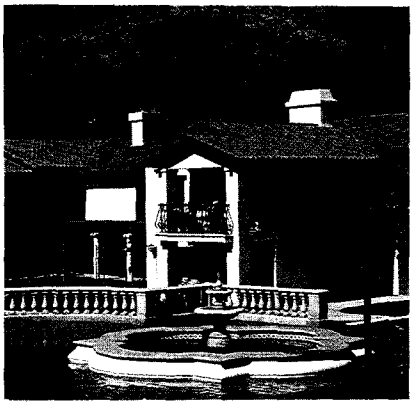

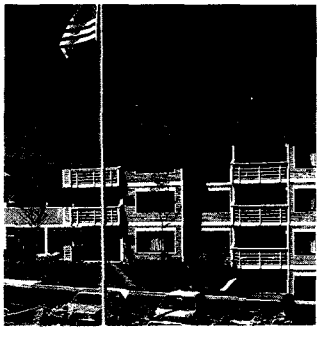

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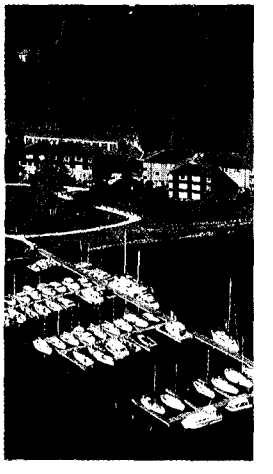

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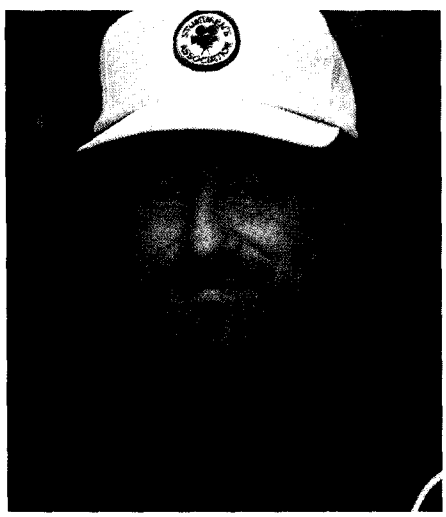
Post People

Remember the rosy-cheeked kid straight out of a Norman Rockwell painting who learned the worth of a home and family from the alien in ***Steven Spielberg***'s *E.T.*? Well, the kid, in a way, really *was* straight out of a Rockwell painting.



Spielberg, 45, a Rockwell collector and trustee of the Norman Rockwell Museum in Stockbridge, Massachusetts, acknowledges the famed illustrator's influence on his films. The museum's promoters, in turn, are acknowledging their debt to the filmmaker, who joined Warner Communications to contribute the largest single amount for the $4.3 million edifice. The main building carries the names of both Spielberg and Warner.

"I think it goes without saying that my love for Norman Rockwell is apparent in a lot of my films," Spielberg says, adding that *Schindler's List* (which brought Spielberg his first Oscar for Best Director) "is as close to my own life as anything since *E.T.* Suddenly, I'm flashing back to my childhood and remembering vividly the stories my parents and grandparents told me."

Now that ***Reba McEntire*** is one of country music's top female singers (with a basement decorated in platinum records as proof) and has a happy home life with husband Narvel Blackstock and four-year-old son, Shelby, why doesn't she cut back and take it easy after years of hard work?

"I'm very competitive," McEntire confesses with a smile. "I wanna beat 'em all . . . I'm greedy."

In addition to her concert and recording income, she and Blackstock operate a management firm, a 400-acre thoroughbred horse farm, a jet-leasing company, and a construction company, all of which adds up to approximately $10 million a year.

Take it easy? Her 22nd album came out in April; Bantam published her autobiography the same month. In June, she hit the big screen in Rob Reiner's comedy, *North*. Greedy? McEntire has yet another way of expressing it.

"I love what I do," she says simply.

You could call him the cat's meow. Cartoonist Jim Davis, on June 19, 1978, called him ***Garfield***. On that memorable date, Davis launched not only the fastest-growing comic strip in the world, but what would become dozens of best-selling books on the lasagna-loving "fat cat," a CBS TV series, 13 prime-time specials, and Garfield merchandise in 69 countries.

As if that weren't enough to keep the cat and his creator purring, Universal Press Syndicate will now assume responsibility for global syndication of Garfield comic strips.

These are fat-cat facts to keep in mind as you turn to Garfield in your local paper:

Weight: "I'm the perfect shape for my weight."

Hobbies: Eating and sleeping. ("There may be more to life, but I hope not.")

Favorite exercise: Prefers "lay-downs" to sit-ups.

Warning: While this may work for Garfield, don't try it at home unless you wouldn't mind having his contours.

Linus Pauling is sailing on the high "C's"—vitamin C, that is. At age 93, this amazing man, the only person ever to win two Nobel Prizes unshared, still enjoys a fitness lifestyle: exercise, work, diet, and relaxation. Some say he has "mastered the art of life."

Still going strong, Dr Pauling says, "I personally take 18 grams of vitamin C per day."

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IN THE SHADOW OF "JEOPARDY!"

When you do trivial things backwards, your cup runneth over.

by Wen Smith

Illustrated by Don Trawin

For unexplainable reasons, my wife and I have become "Jeopardy!" junkies. Maybe it's because we like to see other people putting their smarts on the line while we ourselves are smug in the comfort of our home. Or maybe it's just that we think we'd be good contestants.

Our fascination with "Jeopardy!" can't be due to its format. It's not a question-and-answer show, because it always puts the A before the Q. Host Alex Trebek presents an answer, and the contestants have to think backwards and come up with the fitting question. The only thing I do that way is my tax return.

During "Jeopardy!" my wife and I average about three right questions out of ten, two from her and one from me. I spend most of the time trying to catch Alex in a slip of the tongue. He is an articulate guy, but the other night I caught him on an obscure point of grammar. He stated an answer about the amount of liquid it takes "to make a cup runneth over."

I groaned. "That's a boo-boo, Alex."

"It's Biblical language," my wife answered.

"No," I said. "The Bible never makes a cup *runneth* over."

"Twenty-third Psalm," she said.

"Wrong," I said. "The Psalm says, 'My cup runneth over.' It would be ungrammatical to say something *makes* the cup *runneth* over."

"I see your point," my wife said. "Something makes it *run* over."

"That's it," I said. "*Runneth* means *runs*. I *run*, thou *runnest*, the cup *runneth*. That lisping *-eth* is the third-person singular ending. It's never used on an infinitive."

"Shall I get out your chalkboard?" she said.

She had caught me using my lecture voice. That happens when I watch an intellectual show like "Jeopardy!" or "The Dating Game."

"Make fun if you want," I said, "but the Psalm says, 'He maketh me to *lie* down in green pastures.' 'Makes me to *lieth* down' would be ridiculous."

By that time, we had missed how much liquid it takes to make a cup run over. Of course, my wife knew anyway.

"One drop doth it," she said. I should have known. It's the first excess drop that maketh a cup run over. She had the grammar right, too.

In Final Jeopardy, the climax of the show, Alex went back to the Bible, and the answer was a doozie: "He doesn't have a book of the Bible named for him, but long after he cast a stone and smote the Philistine, he wrote one of those books."

Before half of the ten seconds ticked away, my wife said, "That was David. He wrote the book of Psalms."

"Right, but you lose the money," I said. "You didn't put it in the form of a question."

"The Lord giveth and the Lord taketh away," she said.

After the show, we looked up that line in the Book of Job. She had misquoted slightly, but at least she had the grammar right.

Of course, "Who was David?" did turn out to be the fitting question, and two of the contestants answered it right. One of them went away with a potful of Merv Griffin's money. Her cup ranneth over.

In spite of that topsy-turvy format, I guess my wife and I will go on being "Jeopardy!" junkies. Doing trivial things backwards is the way of the world these days, and we're getting used to it. But whether we'd ever qualify as contestants—that's still in the form of a question.

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How Did Madeline Balletta Make Ben Kinchlow A Bee-liever?

Madeline and Ben are two dynamic, gifted people who love the Lord and are busy about the work He has given them to do. But sometimes even the most dedicated servants need a little help! Madeline has found the answer . . . and now Ben's discovered it, too!

Ben first met Madeline about 5 years ago in California while working on a television program. He was instantly captured by her warm and caring spirit, as well as her boundless enthusiasm! "There she was, at 2:00 in the morning, a 5 foot bundle of energy and there I was, a 6 foot bundle of rags!" exclaimed Ben. As co-host of the popular 700 Club, Ben's life was a hectic scramble of travel and personal appearances. Even though Ben enjoyed good health, many times he found himself fatigued and lacking the vitality he needed to fulfill all of his responsibilities.

Madeline, herself, experienced a severe need years ago when she became so fatigued that she couldn't even care for her family. "Waking up every-day was a chore, and I could do nothing but pray for an answer!" said Madeline. At that time, a concerned friend told her about the importance of good nutrition and intro-duced her to one of nature's most wondrous gifts: Royal Jelly. This precious natural sub-stance, known as the food of the Queen Bee, has been used for centuries in Europe and the Orient for its amazing benefits. It is a powerhouse of vitamins and minerals and provides all of the essential amino acids. It contains B-complex vitamins and is a particularly rich source of pantothenic acid (B5). Through this miraculous food and a healthier lifestyle, God restored Madeline to the person He intended her to be. She was once again able to care for her family and began to truly enjoy life! Her vision to share this gift and to help others feel their best became the inspiration she needed to start her own company. At Bee-Alive, we believe Royal Jelly is one of many natural substances God has created for His people.

Today, 9 years later, Madeline keeps a schedule that amazes even Ben! She travels extensively doing TV and radio interviews, as well as conducts seminars teaching about good nutrition and the many benefits of Bee-Alive Royal Jelly! In Ben's words, "Bee-Alive Royal Jelly makes such a difference in my life — I wouldn't go a day without it. I recommend it highly."

Like Ben, thousands have learned how good nutrition and Bee-Alive Royal Jelly can make a dynamic difference in the way they feel. Listen to just a few. . .

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Shirley Whitt, Newfoundland, Canada

"I'm a registered nurse and a mother of 3 young children. With such a busy schedule and working the nightshift, Bee-Alive Royal Jelly has given me the energy I need, and I really feel that I can't afford to be without it!"

Ann McKenna, Pearl River, NY

"I'm 75 and I started taking Royal Jelly 6 years ago because I needed some extra energy. I now walk a few miles a day and I even keep up with my grandchildren. They say, 'Go, Go Grandma!' But the best part is that it's done so much more for me than I expected — I actually feel better than I have in years!"

Edith Strack, Lakeland, FL

"I'm the pastor of a large church and before I found your product I was so run down that my ministry was suffering. I started eating better and taking your Royal Jelly which has helped me more than I could ever say!"

Pastor Rizzo,
Church of the Nazarene, Paramus, NJ

"I was very skeptical about your Bee-Alive products but I'm a Bee-liever now! As a single mother of 2, working full-time, my increased energy and well-being are true gifts. Thank you!"

Sabrina Shapiro, Citrus Heights, CA

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FOOD

PORK'S NEW PROFILE

Pork has shed its fatty image to fit into today's lean lifestyles.

New South Stir-Fry

Are you suffering from poultry pallor and fish fatigue? If, like the rest of us, you are keeping a watchful eye on fat consumption but still crave the delicious flavor of red meat, here's good news. Pork, once one of the fattiest meats, is now leaner and healthier.

Fresh pork, on the average, has 31 percent less fat than it did just ten years ago. A tenderloin cut, for example, contains only slightly more fat per serving than skinless chicken breast, and other pork leg and loin portions have only slightly more total fat, fitting comfortably into today's fat-conscious dietary guidelines. By using moderate portions and low-fat recipes, you can now savor your favorite pork dish without fear of skyrocketing your cholesterol level.

Pork has changed in other ways, too. Dietitians now recommend an internal temperature of only 160-170° for medium to well-done pork. Pink pork is safe to eat and preferable to the dry product that results from the now-outmoded belief that pork must be overcooked for health purposes.

When preparing pork, keep fat to a minimum by trimming all visible fat before cooking. If pan broiling, use tender, smaller pieces, such as chops and steaks no more than one inch thick. When stewing pork, you may use less-tender cuts from shoulder or leg. Stews generally develop more flavor if cooked and left covered in the refrigerator overnight. In the morning, scrape off any excess fat that rises to the surface.

For pork roasts, rub the roast surface with your favorite seasonings. Before roasting, pierce the roast randomly and insert garlic slivers for added flavor.

For sautés, alter the temperature for meat thickness. For thinner cuts, use higher heat; for thicker cuts, use more moderate heat for even cooking without burning.

The following recipes offer a variety of delicious dishes your family will love, all with only ten grams or less fat per serving.

New South Stir-Fry

(Makes 4 servings)

1 teaspoon ground thyme
⅛ teaspoon pepper
1 pound pork tenderloin, trimmed
1 tablespoon vegetable oil
1 clove garlic, minced
1 cup thinly sliced onion

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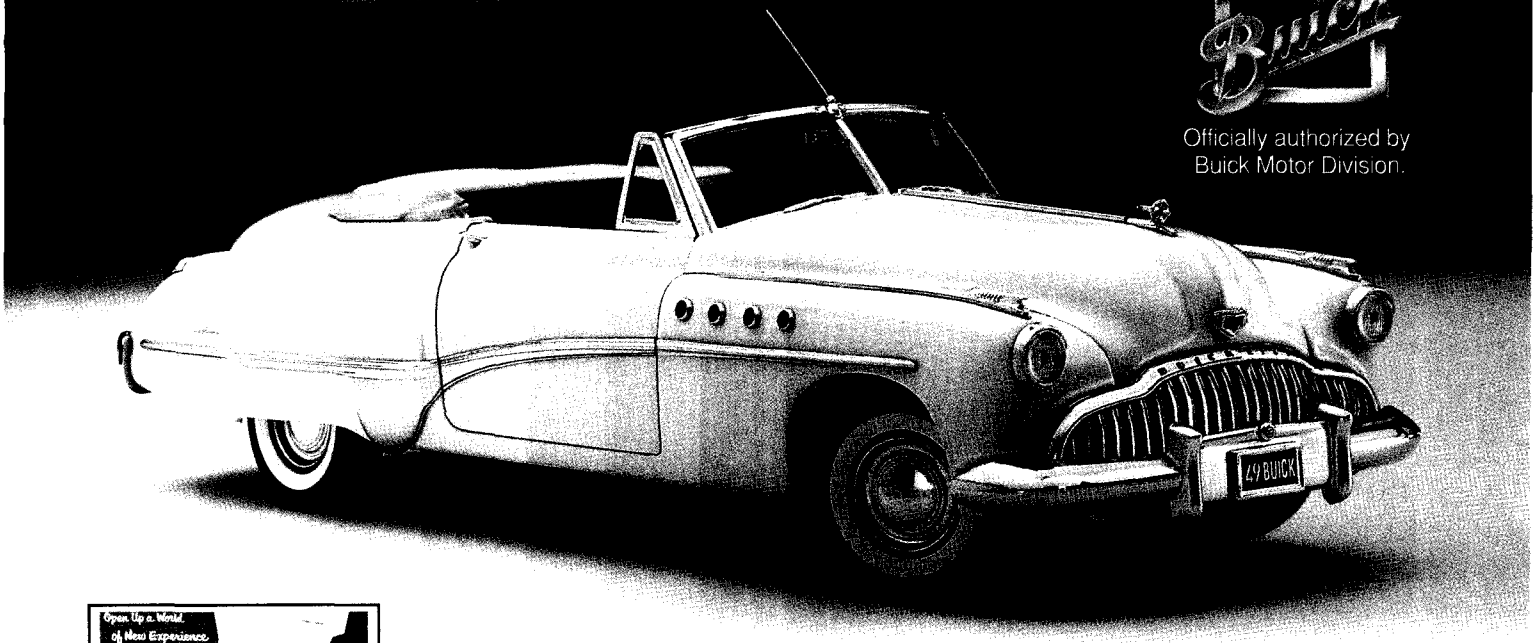

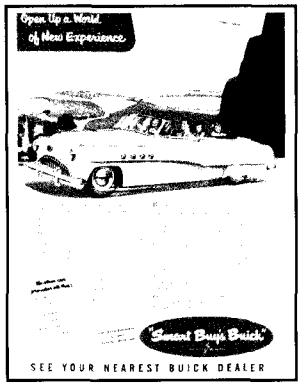

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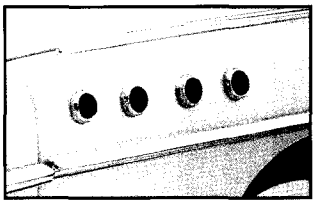

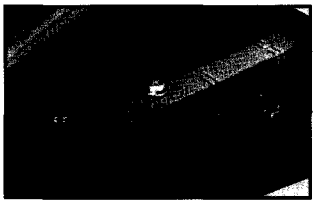

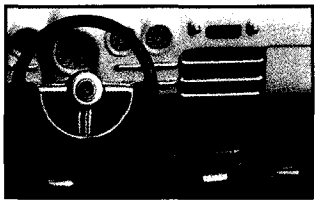

Here's the definitive precision model of the definitive Buick. Big, bold, full of muscular grace. From the distinctive portholes– inspired by the fighter planes of WWII—scooped into the front fenders to the Dynaflow emblem on the trunk, it's all here in a model as awesome as the original. And just like the original, this button-down die-cast classic gleams in a kaleidoscope of chrome plate—from the headlight housings to the bumpers, panel trim, wheel covers and broad, Dollar Grin grille.

Swing open the door and enter the world of Forties-style luxury—from the instrument-ladened "Pilot-Centered" dash to the "Permi-Firm" steering wheel that actually turns the road wheels! Not a single feature has been overlooked. The hood, hinged to the left fender, opens sideways, just like the real thing.

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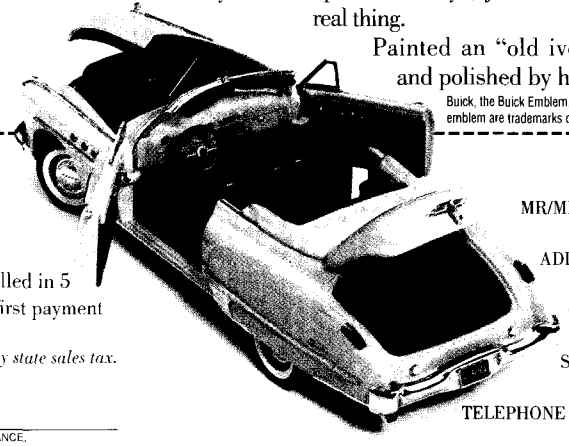

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FRANKLIN MINT PRECISION MODELS.® SIMPLY MILES AHEAD.

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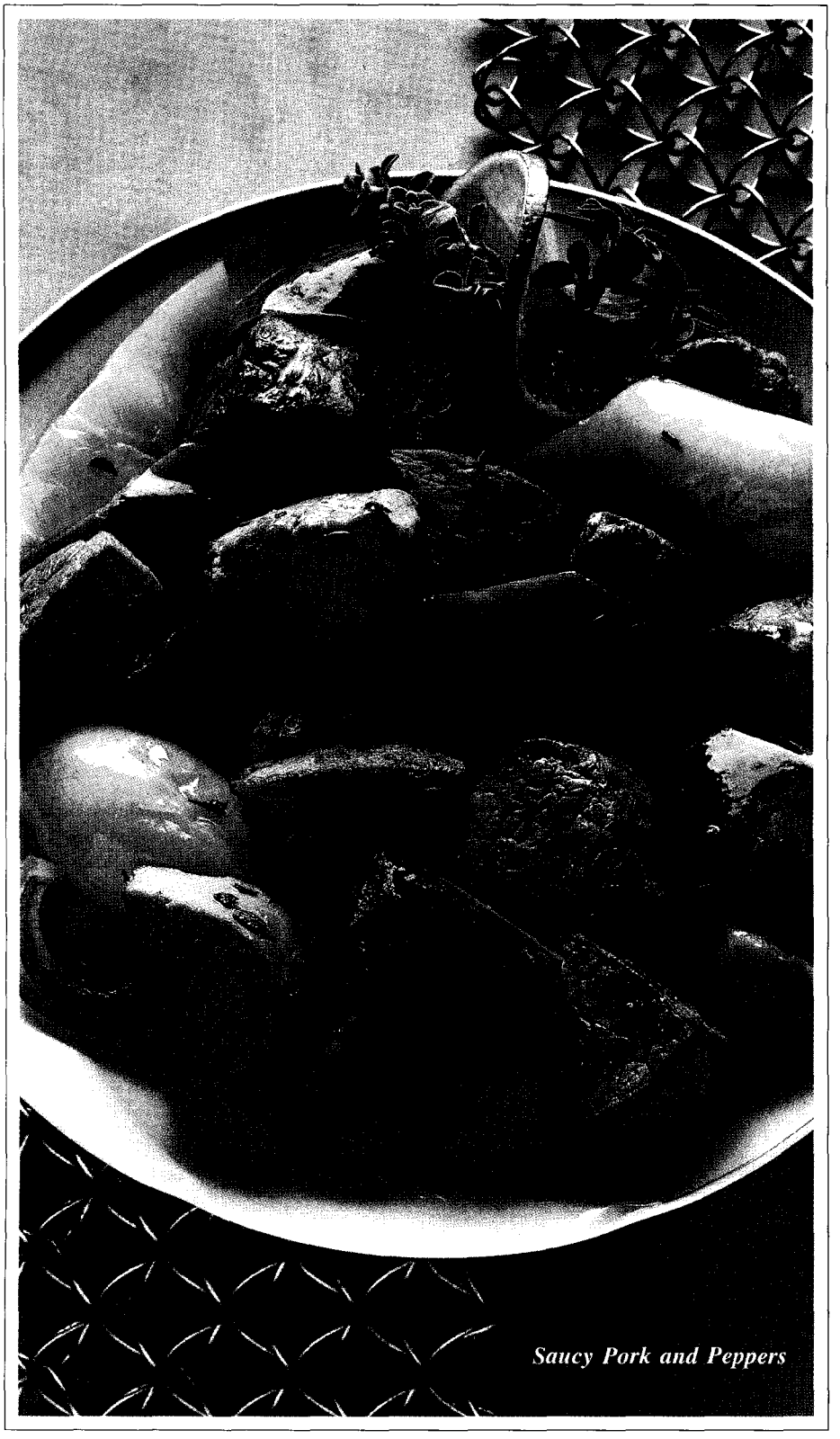
1 cup thinly sliced red bell pepper
1 package (8 oz.) frozen baby cob corn, thawed, drained
1 package (10 oz.) frozen sliced okra, cooked, drained
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh celery heart leaves
1-2 drops hot pepper sauce
2 cups hot cooked rice (cooked without salt or fat)

In small bowl, combine thyme and pepper; blend well. Set aside. Cut pork tenderloin lengthwise into quarters; cut each quarter into ¼" slices. Sprinkle pork slices with seasoning mixture. Heat oil in large skillet over medium-high heat. Add pork slices and garlic; stir-fry 3-4 minutes or until pork is tender. Add onion, red pepper, and corn; stir-fry an additional 3-4 minutes. Stir in okra, parsley, celery leaves, and hot pepper sauce; cook just until mixture is hot, stirring frequently. Serve with hot cooked rice.

Per Serving (about 2 cups with rice):
Calories: 376 Carbohydrate: 42.4 gm
Cholesterol: 67 mg Protein: 31 gm
Sodium: 86 mg Fat: 8.9 gm
Diabetic exchange: 2½ bread + 1 vegetable + 3 med. fat meat


Saucy Pork and Peppers

Saucy Pork and Peppers
(Makes 4 servings)

Marinade:
2 fresh limes
¼ cup 62%-less-sodium soy sauce
1 teaspoon oregano leaves
½ teaspoon thyme leaves
Dash cayenne pepper
4 cloves garlic, crushed
2-3 fresh parsley sprigs
1 bay leaf

1 pound pork tenderloin, trimmed and cut into 1" cubes
1 tablespoon olive oil
1 teaspoon brown sugar
2 medium onions, each cut into 8 pieces
2 medium tomatoes, each cut into 8 pieces and seeded
1 large red bell pepper, cut into 8 pieces
1 large green bell pepper, cut into 8 pieces

Squeeze juice from limes, reserving peel. In small bowl, combine all marinade ingredients, including lime peel; blend well. Place pork cubes in plastic bag or nonmetal bowl. Pour marinade mixture over pork, turning to coat. Seal bag or cover dish; marinate at least 2 hours or overnight in refrigerator, turning pork several times.

Remove lime peel, parsley sprigs, and bay leaf from marinade; discard. Remove pork from marinade, reserving marinade. Drain pork well. Heat oil in large skillet over high heat. Add brown sugar; stir until sugar is brown and bubbly. Add pork cubes; cook and stir about 5 minutes or until pork is browned. Reduce heat to low. Add onions, tomatoes, peppers, and reserved marinade; simmer 10-15 minutes or until pork is tender.

Per Serving (1½ cups each):
Calories: 270 Carbohydrate: 19.7 gm
Cholesterol: 51 mg Protein: 28.7 gm
Sodium: 560 mg Fat: 8.2 gm
Diabetic exchange: ½ fruit + 2 vegetable + 3 lean meat

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Cajun Pork Pinwheels
(Makes 6 servings)

2 pork tenderloins (¾ pound each), trimmed
1 tablespoon vegetable oil
1 cup finely chopped red bell pepper
½ cup finely chopped onion
½ cup finely chopped celery
1 teaspoon dried thyme leaves, crushed
½ teaspoon garlic powder
½ teaspoon ground red pepper
½ teaspoon paprika
1 tablespoon fennel seed, crushed
1-3 teaspoons lemon-pepper seasoning

Using sharp knife, cut lengthwise slit down center of 1 pork tenderloin almost to, but not through, bottom of tenderloin. Open tenderloin so it lies flat; cover with plastic wrap. Lightly pound tenderloin from center to edges with flat side of meat mallet or rolling pin until about ¼" thick; remove plastic wrap. Repeat with remaining tenderloin.

Heat oven to 325°. Heat oil in large skillet over medium heat. Add red bell pepper, onion, celery, thyme, garlic powder, red pepper, and paprika; cook about 5 minutes or until vegetables are tender, stirring frequently. Spread vegetable mixture evenly over each flattened tenderloin to within 1" of edges. Starting with shortest side, roll up; secure edges of each roll with toothpicks, or tie each with string. In small bowl, combine fennel seed and lemon-pepper seasoning; press mixture into top and sides of each tenderloin roll. Place rolls seam-side down on rack in shallow pan. Roast for about 45 minutes or until meat thermometer registers 155°. Let rolls stand 5 minutes. Remove toothpicks or string; slice.

Per Serving (1 slice):
Calories: 181 Carbohydrate: 3.9 gm
Cholesterol: 67 mg Protein: 26.2 gm
Sodium: 83 mg Fat: 6.7 gm
Diabetic exchange: 1 vegetable + 3 lean meat

New England Pork Tenderloin
(Makes 4 servings)

¼ cup apple jelly
2 tablespoons lemon juice
½ teaspoon pumpkin pie spice
Vegetable cooking spray
1 pound pork tenderloin, trimmed
2 tart red cooking apples, unpeeled, cored, thinly sliced

Heat oven to 375°. In small bowl, combine apple jelly, lemon juice, and

continued on page 76

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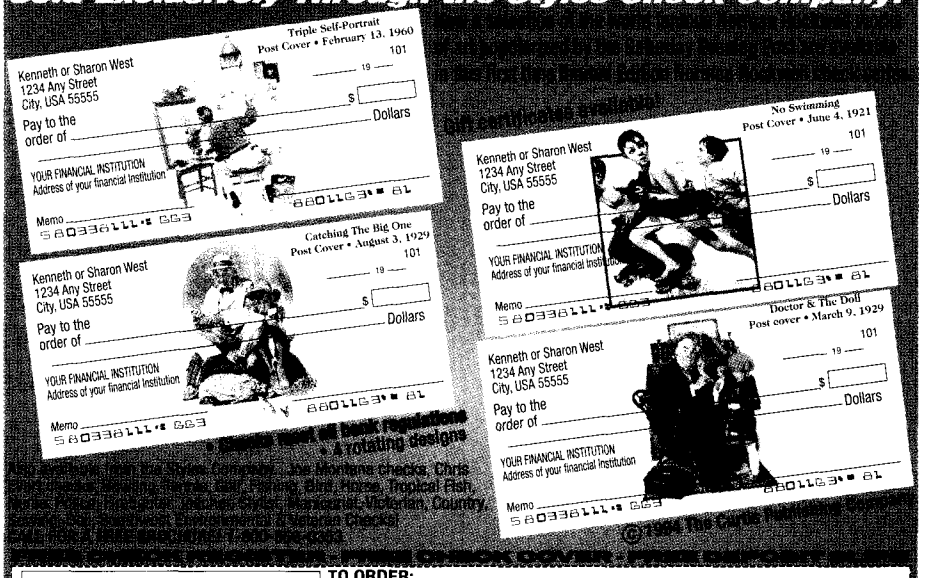

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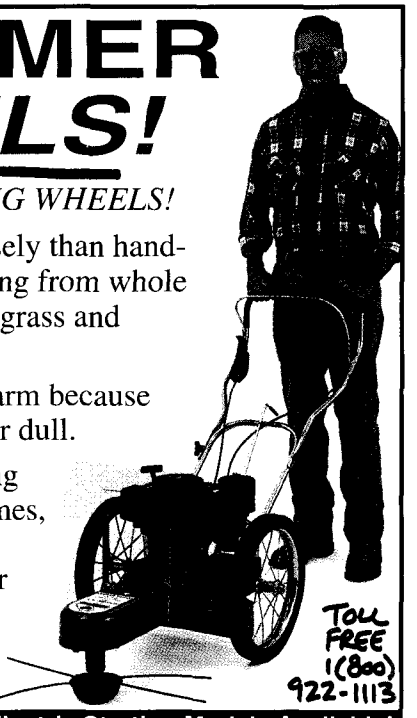

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Osteoporosis. One of the important medical topics in every issue of the POST.

Our editor-in-chief, Cory SerVaas, M.D., is dedicated to bringing pertinent medical information to you. In the last several issues, she reported latest cure for ulcers, reviewed prostatitis, examined the risks of smoking, discussed depression, and answered readers' letters in her popular regular column, "Medical Mailbox".

THE SATURDAY EVENING POST

94

MEDICAL MAILBOX

by Cory SerVaas, M.D.

"It is a most gratifying sign of the rapid progress of our time that our best textbooks become antiquated so quickly."—Theodor Billroth

Nie Pale in Poland!

Americans visiting Poland these days may notice youths wearing T-shirts with the words *nie pale!* printed across the front. That's Polish for "I don't smoke!" The T-shirts also have a message for foreign visitors: *Before you arrive in Europe, quit smoking.* The slogans are part of a nationwide effort to counteract sophisticated advertising campaigns by American tobacco companies seeking to cash in on Poland's estimated 10 million smokers.

Dr. Witold Zatonski, a professor of epidemiology at The Maria Sklodowska-Curie Memorial Cancer Center and Institute of Oncology in Warsaw, Poland, said American tobacco companies are selling high tar and nicotine cigarettes in Poland and are failing to provide health warnings that cigarette manufacturers in Poland are required by law to use. The warnings come in English, but

Professor Witold Zatonski, a well-known European ... Indianapolis, to seek support for keeping ... health warning

Jan./Feb. '94

THE SATURDAY EVENING POST

SHELLEY FABARES: ALZHEIMER'S CHANGED HER LIFE

The costar of TV's "Coach" was not prepared for the real-life role of caring for a parent with Alzheimer's disease.

by Janet Kinosian

... Fabares, 50, is now a tireless spokesperson for the Alzheimer's Association, a funded organization with 220 chapters nationwide serving both Alzheimer's patients and their families. Services offered include home-care assistance, day-care centers, helplines, outreach programs, and public-policy forums that lobby at both the state and national levels.

Fabares is a warm person who also is calm and focused. You can tell she practices yoga, not only by her size-two body, but by her posture and the way she listens intently to people. But Alzheimer's is an emotion-packed topic for her, and her story erupts in painful gushes.

"When my sister and I first began noticing signs that something was wrong with our mother," she says, "we started the rounds of doc-

THE SATURDAY EVENING POST

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IBD Special Report

MARY ANN MOBLEY: GOING PUBLIC ABOUT A PRIVATE DISEASE

The former Miss America, diagnosed with Crohn's in 1962, is on the road, sharing her story and spreading the word about inflammatory bowel disease.

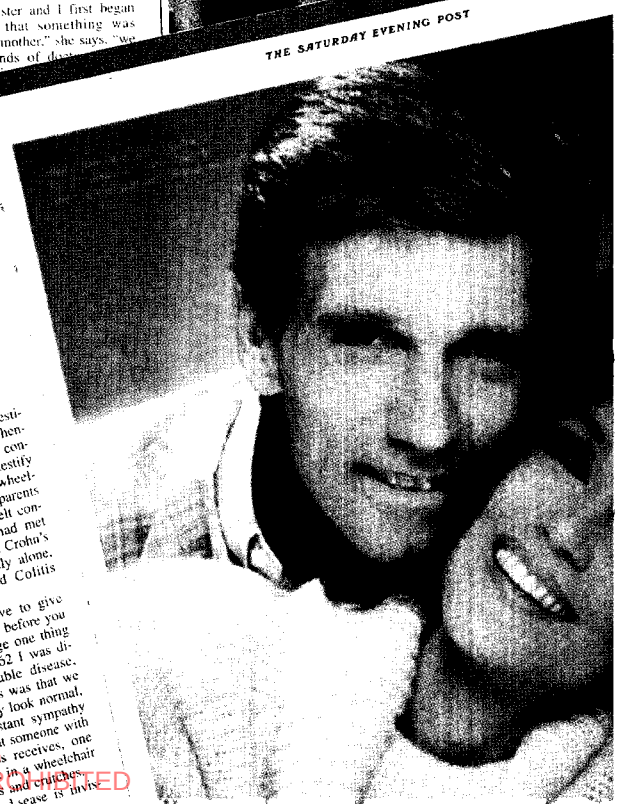
by Cory SerVaas, M.D.

Between her television filming, personal appearances, and benefit work for numerous charities, Mary Ann Mobley is seldom at her Beverly Hills, California, home. When we talked with her, she had just returned and was already packing for another trip on behalf of the Crohn's and Colitis Foundation of America.

Mary Ann was diagnosed with Crohn's disease in 1962, only three years after she was crowned Miss America. Despite this painful and debilitating disease, she has pursued an award-winning career as a film, stage, and TV actress and a maker of documentaries that show the circumstances around the world

money for research. I had never testified before, and I was a bit apprehensive. When I arrived, I was truly concerned, because also waiting to testify were parents with children in wheelchairs. I felt concern for those parents and those children, but I also felt concern for all of the people I had met over the years who suffer from Crohn's and colitis who are completely alone, except for the Crohn's and Colitis Foundation.

At the hearings, you have to give them a copy of your speech before you enter, and I asked to change one thing in mine. I said that in 1962 I was diagnosed with this incurable disease, and one of the sad things was that we Crohn's patients basically look normal, so we don't get the instant sympathy or the understanding that someone with a more obvious illness receives, one that requires you to sit in a wheelchair



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Osteoporosis. The Facts.

Did you know that osteoporosis

...is the number two killer of women today?

...is a young person's disease with geriatric complications?

...affects half of American women over 50 years of age?

...is among the top four health issues facing the nation?

Or that

...the risk of osteoporosis exceeds that of breast cancer?

...in this year alone, osteoporosis will be responsible for 1,300,000 bone fractures?

...the average American woman gets only about half the calcium she needs to maintain bone strength?

...pregnant and nursing women need 50% more calcium?

The Saturday Evening Post, America's favorite family magazine, cares enough about you to offer a FREE 30-day supply of TUMS 500™ Calcium Supplement with every subscription. Taking two TUMS 500s every day will provide 1,000 mg. of chewable EffeCal™*, a pure, very absorbable, refined form of calcium. Mix that with regular exercise and doctor visits, and a healthy diet, and you're on your way to easily preventing a devastating disease.

So bone up on the facts about osteoporosis and many other medical issues with the informative, healthful, and insightful articles in every issue of *The Saturday Evening Post*.

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THE SATURDAY EVENING POST

BONING UP ON OSTEOPOROSIS

What do caffeine, childbirth, alcohol, and exercise have in common? They all affect your bones.

Illustrated by Revere F. Wisthuff

Dowager's hump and bone fractures caused by osteoporosis once were believed to be inevitable with aging. In recent years, however, researchers have found women can avoid or greatly postpone excessive bone loss by regulating their diets and lifestyle, even those who have inherited the recently discovered gene that heightens the risk for osteoporosis.

Strong bones require

35

searchers say alcohol is the

cause of osteoporosis in men.

EXERCISE: Patients confined to

or a wheelchair have demonstra

what happens to bones when they

come dormant. Bones react to weig

bearing exercise by becoming

dense and less susceptible to fractu

Recent research shows that regula

weight-bearing activities, such as

ing grocery bags or carrying childr

are the best things you can do to ke

backbones strong. If you don't ha

children or grandchildren, doctors

lifting 5-10 pound weights while

ting or standing offers sufficient bo

building benefits.

HAVING CHILDREN: Being pregn

stimulates estrogen and increases bo

weight, which leads to increased b

mass.

BONING UP: We build most of o

bone mass during the teenage ye

Bones continue to increase in ma

although more slowly, during the

and 30s. Women, however, lose est

gen at menopause. Their bones be

to disintegrate faster than they

generate, and bone mass

creases. A diet rich in calc

can help stop bone loss,

studies show a large p

centage of women g

less than half the

3½ cups of coffee daily nearly doubled the subjects' risk of developing osteoporosis. Caffeine, they believe, contributes to calcium loss through the urine and inhibits the body's bone-building process.

ALCOHOL: Consuming more than three alcoholic drinks a day has definitely been linked to risk of osteoporosis. Consumption of smaller amounts may also interfere with calcium and vitamin D absorption. Re-

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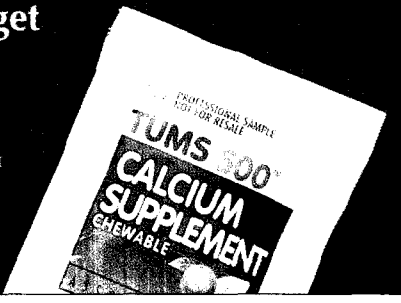

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SURVIVING HEART ATTACKS: THE VITAL LINK

Simple changes in America's emergency cardiac response systems could save tens of thousands of lives.

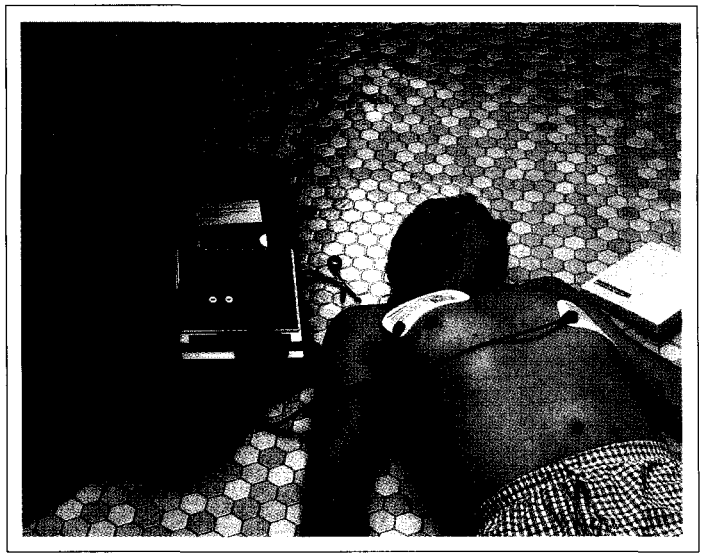
by Jane E. Brody

Throughout the United States, and especially in big cities and rural areas, tens of thousands of people with hearts that should be good enough to keep them alive die each year for lack of adequate first aid. In New York City, for example, a new study has shown that only one person in 100 outside of hospitals survives after the heart suddenly stops pumping. In contrast, in Seattle, the survival rate after such cardiac arrests is one in five.

The difference can be traced to the effectiveness of what the American Heart Association calls the "chain of survival." Dr. Joseph P. Ornato of the Medical College of Virginia, who heads the association's committee on emergency cardiac care, said "each link in the chain must be strong" for many lives to be saved.

The chain begins with an immediate telephone call for emergency help and the start within four minutes of cardiopulmonary resuscitation, known as CPR, by a family member or bystander. It continues with the prompt arrival—within eight to ten minutes—of a rescuer equipped with a defibrillator that can jolt the heart back to a normal rhythm. And it ends with the administration of advanced emergency care by paramedics to maintain the heart's viability until doctors at the hospital can take over.

When one or more links in this chain fail or function too slowly, the chances of a victim surviving cardiac arrest plummet. Because of widespread weaknesses in the chain of survival, experts in emergency cardiac care estimate that 20,000 to 80,000 people die needlessly of cardiac arrest each year, a number comparable to the 55,000 killed annually in auto accidents.



A defibrillator can restore a stalled heart to its normal rhythm; unfortunately, only about one fourth of all ambulances carry one.

When 911 Isn't Enough

The New York study revealed that in a large city choked by traffic and crippled by anonymity and ignorance, very few people have a chance of surviving a cardiac arrest that occurs outside a hospital.

To be sure, New York and most other large cities have a 911 emergency number known to nearly everyone. But Dr. Ornato said that in half the area of the country, containing 25 percent of its population, residents must call a seven-digit number that varies from area to area, which can result in a life-robbing delay of several minutes.

Since 1973, when the heart association first recommended that CPR be taught to the general public, about 60,000 Americans have completed such training programs. But many have forgotten what they learned, and many others are reluctant to apply their training for fear of making a mistake or contracting an incurable illness like AIDS or hepatitis from the unconscious person.

In New York and in many other large cities, fewer than 10 percent of the people know how to do CPR. And, not surprisingly, in the New York study, fewer than 10 percent of the 2,329 victims of cardiac arrest received CPR soon enough, and two thirds received no CPR at all after their hearts abruptly stopped supplying the rest of their bodies with oxygen-rich blood. The brain starts to die unless circulation of oxygen-containing blood is restored within four minutes of a cardiac arrest.

Crucial Role of Defibrillators

In most cases of cardiac arrest caused by a heart attack, the heart's rhythm goes haywire, and instead of strong rhythmic contractions that can push blood out into the general circulation, the pumping chambers flutter uselessly, a condition known as ventricular fibrillation. Thus, the next link in the chain of survival involves the use of the defibrillator to restore a more normal rhythm.

Such a defibrillator should be carried by any emergency vehicle that is likely to be first on the scene, whether it is an ambulance, fire engine, or police car, Dr. Ornato said. Unfortunately, he said, "Currently in the United States, only about one quarter of ambulances and only 10-15 percent of all fire companies that do first-response work are equipped with defibrillators."

"Sending an emergency vehicle to a cardiac arrest without a defibrillator is like having policemen with guns but no bullets," he said. "They may put on a good show, but they lack the weapon

continued on page 32

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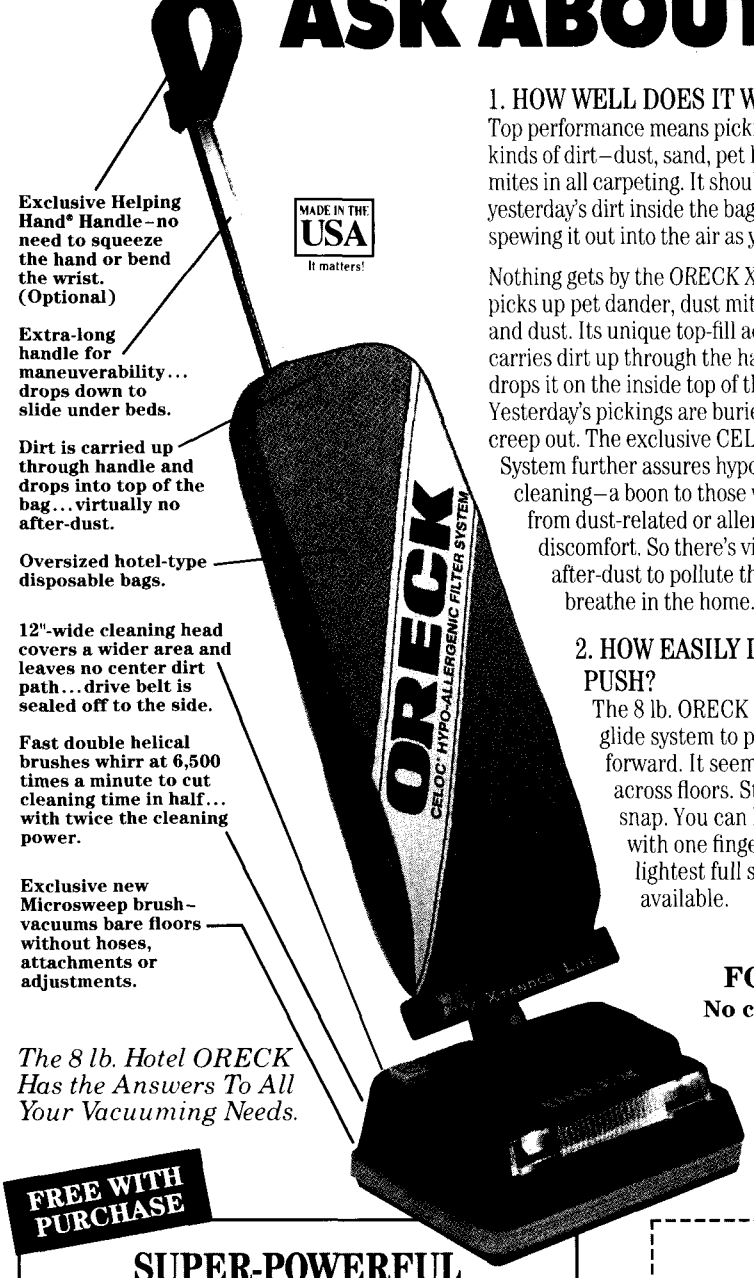
4 QUESTIONS YOU SHOULD ASK ABOUT A VACUUM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HEARTBEAT

The Healthy Heart Report

BREAKFAST CALLING!

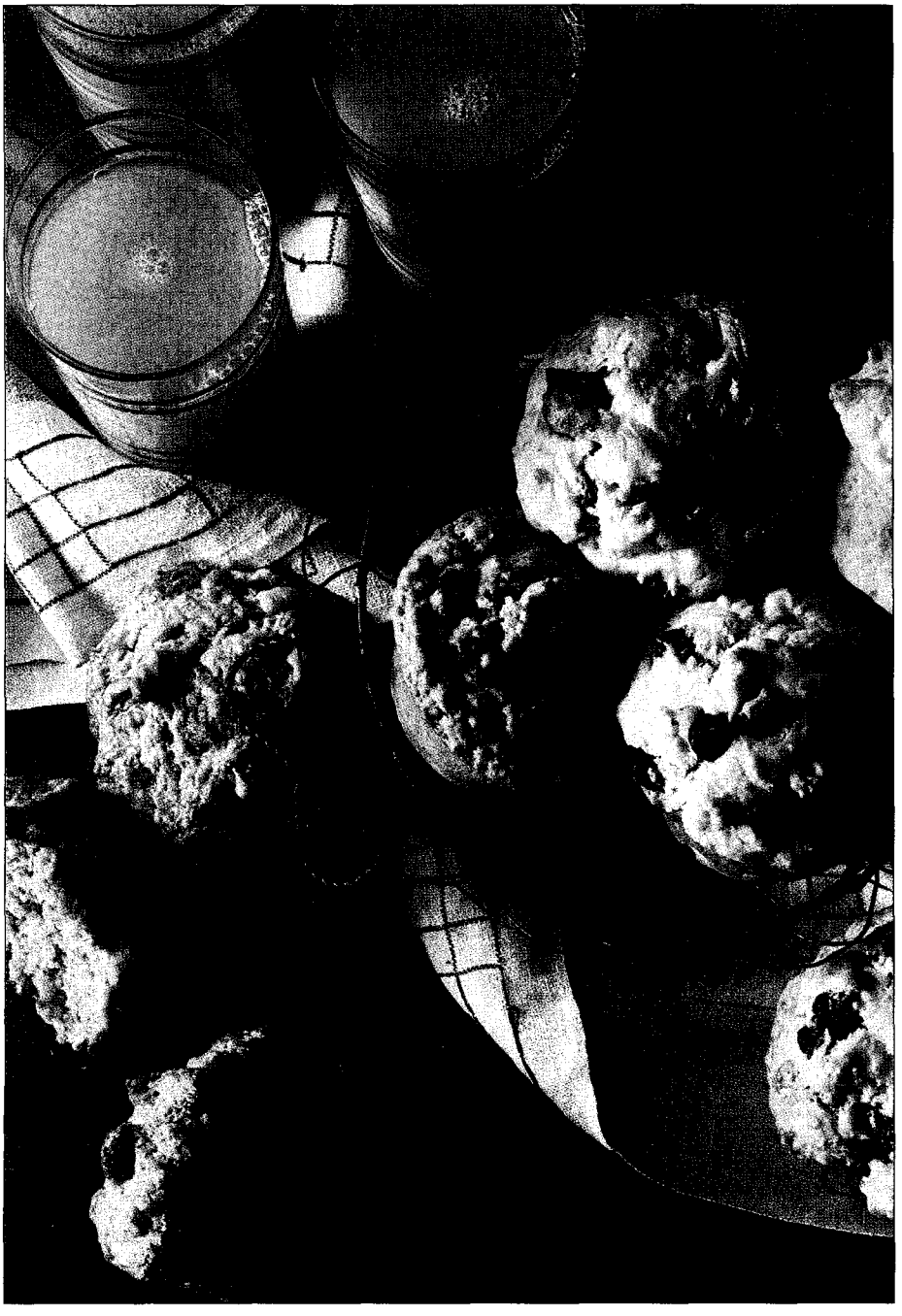
Remember one rule of thumb on the morning meal: Don't leave home without it!

by Patrick Perry

Remember summer mornings as a child when you would try to sneak past the kitchen and out the door and Mom, who seemed equipped with built-in radar, would call you back for an obligatory meal of cereal, toast, and juice?

In retrospect, you know she was right. The carbohydrates in grains were the fuel you needed to start the day, and everybody knows the importance of fiber today.

Getting kids to eat breakfast is still a mom's major chore, although today's dads help, too. The trick is putting all those vitamins and carbohydrates, and all that fiber, into something they just can't pass up.



With this goal in mind, we offer the following breakfast suggestions. These recipes are not only easy to make, they are also low in fat and high in fiber. We challenge anybody to pass up one or more of these delicious, nutritious breakfast snacks.

♥ ♥ ♥

Blueberry Lemon Muffins

(Makes 12 muffins)

1¼ cups all-purpose flour
1 tablespoon baking powder
2 tablespoons honey
1¼ cups bran cereal (not flakes)
1 cup skim milk
¼ cup egg substitute or 2 egg whites
¼ cup polyunsaturated vegetable oil
1 tablespoon grated lemon peel
½ cup fresh or frozen blueberries

Stir together flour and baking powder.

In large mixing bowl, combine bran cereal and skim milk. Let stand about 5 minutes for cereal to soften. Add egg substitute or egg whites and oil; mix well.

Add flour mixture and stir until combined. Fold in lemon peel and blueberries.

Spray muffin pans with noncaloric vegetable-based spray, and portion evenly into twelve 2½" muffin pans.

Bake at 375° F about 20 minutes or until golden brown. Serve warm.

Per Serving:

Calories: 157	Carbohydrate: 23.1 gm
Cholesterol: trace	Protein: 4.1 gm
Sodium: 208 gm	Fat: 5.3 gm

Diabetic exchange: 1 bread + ½ fruit + 1 fat

♥ ♥ ♥

Date Bran Muffins

(Makes 12 muffins)

1 cup whole-wheat flour
½ cup all-purpose flour
2 teaspoons baking powder
⅛ teaspoon salt
½ teaspoon baking soda
1½ cups bran cereal

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1 cup buttermilk
½ cup egg substitute
¼ cup oil
¼ cup molasses
¾ cup chopped, pitted dates
½ cup raisins

Preheat oven to 400°. Grease or spray 12 muffin cups—each about 2½" in diameter—with noncaloric vegetable-based spray. Dust dates and raisins with 2 tablespoons all-purpose flour.

In large bowl, combine flours, baking powder, salt, and soda. In another bowl, combine bran cereal, buttermilk, egg substitute, oil, and molasses. Pour into dry ingredients and stir until flour mixture is moistened. Fold in dusted dates and raisins. Spoon into prepared muffin cups.

Bake 15 minutes or until muffins test done with toothpick inserted into center of muffins. Serve.

Per Serving:
Calories: 213 Carbohydrate: 35.4 gm
Cholesterol: 2.8 mg Protein: 5.4 gm
Sodium: 249 mg Fat: 5.5 gm
Diabetic exchange: 1½ bread + 1 fruit + 1 fat

♥ ♥ ♥

Applesauce Bran Bread
(Makes 10 slices)

1 cup 100% bran cereal (use your favorite—not flakes)
1 cup applesauce (unsweetened)
1 cup flour
½ teaspoon baking soda
1 teaspoon baking powder
3 tablespoons polyunsaturated oil
1 teaspoon cinnamon
½ teaspoon allspice
⅓ cup egg substitute or 2 egg whites

Combine applesauce and bran cereal and set aside 20-30 minutes until bran is softened.

Mix dry ingredients with egg substitute or egg whites until blended, then fold in applesauce-bran mixture.

Spray loaf pan with noncaloric vegetable-based spray. Pour batter into pan. Bake at 350° 45-50 minutes or until done in center.

Turn out of pan and cool.

Per Serving:
Calories: 123 Carbohydrate: 17.4 gm
Cholesterol: 0 mg Protein: 2.7 gm
Sodium: 125 mg Fat: 4.8 gm
Diabetic exchange: 1 bread + 1 fat

♥ ♥ ♥

Southern Peach and Bran Muffins
(Makes 12 muffins)

1¼ cups all-purpose flour
1 tablespoon baking powder
½ teaspoon cinnamon
½ cup egg substitute or 3 egg whites
1½ cups canned or fresh peaches, chopped
1 cup bran cereal (not flakes)
⅓ cup skim milk
¼ cup polyunsaturated vegetable oil

Sift together flour, baking powder, and cinnamon. Set aside.

In large mixing bowl, stir bran cereal and milk. Set aside 5 minutes to let cereal soften. Add peaches and oil.

Add flour mixture to liquid mixture, stirring until well blended.

Spray muffin tin with noncaloric vegetable-based spray. Portion batter into 12 muffin cups, about 2½" each.

Bake at 375° 20-25 minutes or until golden brown. Serve warm.

Per Serving:
Calories: 148 Carbohydrate: 21.5 gm
Cholesterol: trace Protein: 3.8 gm
Sodium: 187 mg Fat: 5.2 gm
Diabetic exchange: 1 bread + ½ fruit + 1 fat

♥ ♥ ♥

Bake-Anytime Muffins
(Makes 12 muffins)

1½ cups wheat bran cereal (not flakes)
½ cup boiling water
½ cup honey or sugar
¼ cup polyunsaturated margarine
¼ cup egg substitute

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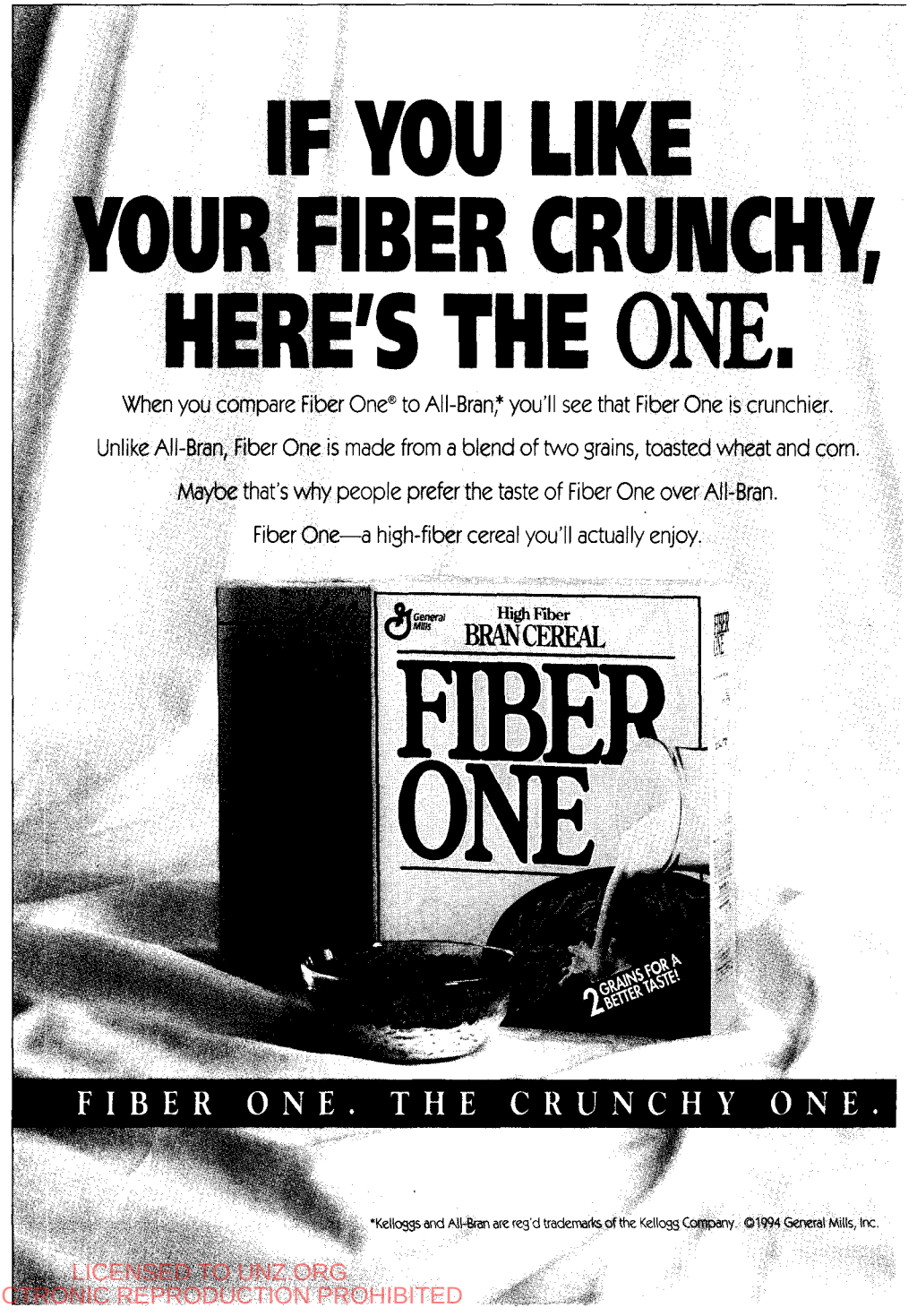
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TALKING TURKEY ABOUT CLICHÉS

If you think clichéd expressions are for the birds, you may just have hit the nail on the head.

by Joseph S. Russotto

Illustrated by Don Trawin

Clichés, for the uninitiated, are those trite phrases we're all too familiar with. Some examples include "once in a blue moon," "armed to the teeth," "a sight for sore eyes," and "the handwriting on the wall."

How do you react when you encounter them? Do you laugh up your sleeve? Blow hot and cold? Do you see red? Flip your lid?

What follows is an acid test for recognizing clichés. And if you're cooking with gas, you'll come through with flying colors. Incidentally, this test is for the rank and file, as well as those who are smart as a whip.

Ready? Put your nose to the grindstone and give it your best shot, but if you fall by the wayside, you may have to eat humble pie.

✦

I was simonizing my collection of Indian head pennies when our son, Hercules, a high school senior, walked in. Herc does well with dumbbells, but he does even better with dumb belles.

Anyway, in a huff and a puff, he announced that his late-model Grand Prix had folded like an accordion in a fender bender, so I promptly hit the ceiling and almost blew my top. After a while, you could have heard a pin drop!

"How did it happen?" I finally asked, trying to remain as cool as a cucumber.

"It was raining cats and dogs; the brakes got wet and didn't hold. Then this living doll slammed into my rear like a ton of bricks."

"What was her name?"

"Claudia! Honest to goodness, Dad, she's pretty as a picture and she's really something else."

When my silence could be cut with a knife, Herc turned on his heels and disappeared as quickly as greased lightning.

The next day, our 20-year-old daughter, Ophelia, who was majoring in wallpaper hanging at State University, floated in on cloud nine. With bated breath, she laid her cards on the table and said, "Mother! Dad! Guess what! I've fallen head over heels in love with Cornelius, a man after my own heart. He's a yo-yo expert, second to none."

Gabrielle, her mother, became as mad as a wet hen, while I just stood there, all ears. "A career and love don't mix," admonished Gabrielle. "If

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you try to burn the candle at both ends, you'll fall flat on your face."

"Oh, for crying out loud!" Ophelia replied. "Stop beating around the bush!"

"OK! Six months ago, you got into hot water with Angelo, the house-to-house pizza salesman, who proved rotten to the core. And how about Cecil, the Philadelphia lawyer, who got sick to his stomach whenever anyone mentioned marriage?"

"Oh, Mother, that's hitting below the belt."

"Is that so? But you must agree they were all birds of a feather."

"Anyway, Cornelius is out of this world, and we intend to tie the knot next month."

"Over my dead body!" yelled her mother. "It's all puppy love, and you're still chasing rainbows. But this time, I'm putting my foot down!"

At this point, they both beat a hasty retreat, and I heaved a sigh of relief.

Later, when I saw Gabrielle, I said, "Ophelia's living in a fool's paradise, but maybe there's more to this than meets the eye. Anyway, just try to keep your cool and maintain a stiff upper lip."

But Gabrielle was still fit to be tied. "Go tell it to the marines," she snapped. "This Cornelius fellow is just another wolf in sheep's clothing, like all the others."

Gabrielle was right, as usual, because only a few weeks later, Ophelia met an importer of white elephants. Poor Cornelius fell out of the limelight and went back to pulling strings.

✦

Now, in using clichés, Gabrielle and I are in a class by ourselves, always having them at the tips of our tongues and ready to use at the drop of a hat.

I have been a sun lover since I was in diapers. Gabrielle, on the other hand, thinks all sun worshippers are sick in the head. One day, I was sunbathing on the hood of our old Buick in the parking lot of Goosefeather's Supermarket Barn, waiting for Gabrielle to finish shopping. When she did come back, she eyed me up and down.

"You idiot!" she screamed. "You're burned to a crisp!"

"You mean I'm as red as a lobster?" I joked.

"I'm at the end of my rope with your shenanigans," she yelled. "I'm a bundle of nerves! I'd rather see you white as a sheet than red as a beet!"

When I saw her eyes blazing, it suddenly dawned on me that I had to handle her with kid gloves, because I was treading on thin ice. So I kissed her passionately and, naturally, she ate it up.

Later, I smelled the delicious aroma of my favorite dinner, eggplant parmigiana, so I knew that all was quiet on the Potomac once again.

✦

One day my brother, Sabu, a health nut and always in the pink, shocked me. "Do you have any aspirin?" he asked. "Believe it or not, I'm sick as a dog."

"You look fit as a fiddle to me," I replied. "Besides, I thought you didn't believe in medicine."

"I still don't, but this headache is killing me!"

"OK. Take these two Vanish pills. They'll give you a new lease on life."

In the twinkling of an eye, he swallowed them without water. Then he

continued on page 32

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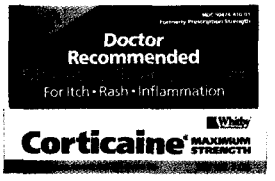

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FOOD

BETWEEN BREAD

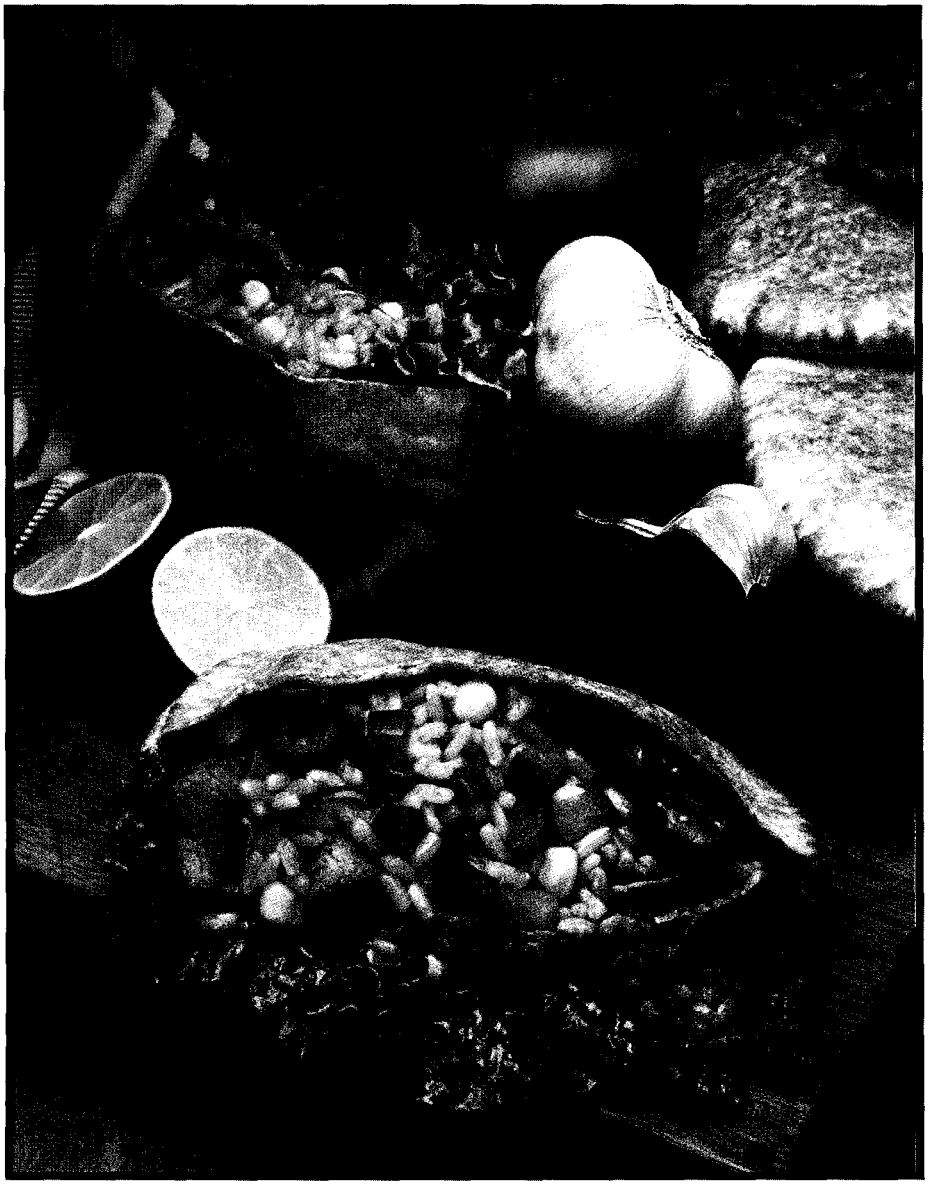
No matter how you slice it, the sandwich reigns as one of America's favorite foods.

Hot or cold, bite-size or man-sized, the lunchtime sandwich has left an indelible mark on American culture. While the hoagy, hero, Reuben, and Dagwood once ruled the menu, today's sandwiches are as varied as the people who consume them.

Pita, whole wheat, pumpernickel, brown, oat, onion, or dill breads are but a few of the hearty varieties available to today's consumers.

And the "inside" story on sandwiches is even more interesting. Fresh vegetables, low-fat dressings, lentils, rice, low-fat meats, raisins, nuts, spices, a cornucopia of low-fat cheeses—the ingredient list is limited only by the imagination.

Try these imaginative suggestions at your next sandwich session.



Rice and Roast Beef Sandwich combines lean roast beef with wholesome brown rice, fresh corn, ground cumin, and fresh tomatoes, slipped into tasty pita pockets.

Rice and Roast Beef Sandwiches

(Makes 8 servings)

1 small red onion, sliced into rings
1 teaspoon olive oil
3 cups cooked brown rice
½ cup frozen or fresh whole kernel corn
¼ cup sliced ripe olives (if desired)
½ cup low-salt barbecue sauce
2 tablespoons lime juice
½ teaspoon ground cumin
½ teaspoon garlic powder
4 whole-wheat pita rounds, each cut in half
8 lettuce leaves
4 oz. cooked lean roast beef, sliced thin
1 large tomato, chopped

Sauté onion in olive oil over medium heat until tender. Add rice, corn, olives, barbecue sauce, lime juice, cumin, and garlic powder; stir until well heated.

Line each pita half with lettuce; add ½ cup rice mixture. Top with about ½ oz. roast beef and tomato. Serve.

Per serving (½ stuffed pita):
Calories: 261 Carbohydrate: 43.1 gm
Cholesterol: 15 mg Protein: 10.3 gm
Sodium: 277 mg Fat: 5.2 gm
Diabetic exchange: 2½ bread + 1 vegetable + ½ med. fat meat

No-Fat Cream Cheese and Brown Bread

(Makes 14 slices)

½ cup all-purpose flour
½ cup whole-wheat flour
1 teaspoon baking soda
½ teaspoon salt (if desired)
½ teaspoon cinnamon
2 egg whites
1 cup bran cereal (not flakes)
2 tablespoons polyunsaturated oil
⅓ cup dark molasses
¾ cup hot water
½ cup raisins

Stir together flours, soda, salt, and cinnamon. Set aside.

In another bowl, beat egg whites until frothy. Add cereal, oil, molasses, hot water, and raisins; mix thoroughly. Add dry ingredients, mixing only until all ingredients are combined. Pour into two metal cans 4" in diameter and 3" deep, or a loaf pan 8½" x 4½" x 2" well sprayed with a noncaloric, vegetable-based spray.

Bake at 350° 40-45 minutes for cans and 35-40 minutes for loaf, or until bread tests done with wooden pick or metal tester. Remove from

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FOR ME AND MY GAL
OH, HOW I MISS YOU TONIGHT
THAT OLD GANG OF MINE
MY WILD IRISH ROSE
AFTER YOU'VE GONE
I'LL SEE YOU IN MY DREAMS
HEART OF MY HEART
ARE YOU LONESOME TONIGHT
IF YOU WERE THE ONLY GIRL IN THE WORLD
FOR ALL WE KNOW
SOMEBODY ELSE IS TAKING MY PLACE
HAVE YOU EVER BEEN LONELY
I'M FOREVER BLOWING BUBBLES
WHEN YOUR HAIR HAS TURNED TO SILVER
LET THE REST OF THE WORLD GO BY
WHEN I GROW TOO OLD TO DREAM
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pans and let cool. Spread each slice with about 1 tablespoon fat-free cream cheese while warm, or serve cold.

Per serving (1 slice with fat-free cream cheese):
Calories: 129 Carbohydrate: 19.8 gm
Cholesterol: 1 mg Protein: 2.5 gm
Sodium: 190 mg Fat: 2.3 gm
Diabetic exchange: 1¼ bread + 1 fat

Bran Pita Bread
(Makes 12 pitas)

1 package active dry yeast
1 tablespoon sugar
1¼ cups warm water
1½ cups bran cereal (not flakes)
1½ cups all-purpose flour
½ teaspoon salt (if desired)
¼ cup polyunsaturated oil
1 cup whole-wheat flour

Dissolve yeast in warm water with sugar. Let it start to rise in a warm place 5-10 minutes. Add cereal, all-purpose flour, salt, and oil; mix well. Knead in whole-wheat flour with dough hook on mixture, or by hand, until dough is smooth and elastic.

Divide dough into 12 portions. Roll each portion into ball and cover with plastic wrap or damp cloth. Let dough rest about 10-15 minutes.

On floured surface, roll out each piece into 6" round. Do not stretch or puncture dough. Keep unrolled dough covered.

Bake two pitas at a time on ungreased baking sheet at 425° about 4-5 minutes, or until dough is puffed and slightly firm. Turn over and let brown about 2 more minutes. Repeat with remaining dough. Cool and cut in half to fill.

Per serving (1 pita bread):
Calories: 158 Carbohydrate: 23.3 gm
Cholesterol: 0 mg Protein: 4.2 gm
Sodium: 190 mg Fat: 5.3 gm
Diabetic exchange: 1½ bread + 1 fat

Cheddar Veggie Burgers on Oat Bread
(Makes 8 sandwiches)

1½ cups cooked brown rice
½ cup chopped celery
½ cup finely chopped onion
1 cup sliced braised mushrooms
1 cup grated carrots
½ cup egg substitute
1 teaspoon garlic powder
½ cup whole-wheat flour
⅓ cup oat bran
½ cup (20 oz.) no-fat cheddar cheese
16 slices oat bran bread

To braise mushrooms, combine 2 teaspoons low-salt beef bouillon with ½ cup water in skillet. Add mushrooms, cover, and steam about 2-3 minutes. Uncover and, stirring carefully, cook until all liquid is absorbed.

In bowl, combine rice, celery, onion, braised mushrooms, carrots, egg substitute, garlic powder, whole-wheat flour, and oat bran until well blended. Fold in the no-fat shredded cheddar.

Measure ½ cup and shape into patty. Fry in skillet sprayed with vegetable-based, noncaloric spray, or sprayed very lightly with oil. If patties are too moist, they may be dredged in whole-wheat flour before cooking. Brown patties on both sides and be sure they are completely cooked. Serve between slices of oat bran bread.

Per serving (1 sandwich):
Calories: 223 Carbohydrate: 41.7 gm
Cholesterol: 3 mg Protein: 11.0 gm
Sodium: 404 mg Fat: 1.3 gm
Diabetic exchange: 2½ bread + 1 vegetable + trace of fat

Bran Pita Stuffed with Bran-Bean Spread
(Makes 6 servings)

1 cup bran cereal (not flakes)
½ cup medium picante sauce
2 cups canned pinto beans, rinsed thoroughly, or 2 cups cooked pinto beans
½ teaspoon cumin
¼ cup chopped onion
2 tablespoons plain nonfat yogurt
2 tablespoons chopped green onions
2 tablespoons chopped tomato
6 bran pita breads, or 12 slices cracked wheat bread

Measure cereal, picante sauce, beans, cumin, and ¼ cup chopped onion into food processor or blender. Process or blend until mixture is smooth.

Pour mixture into small saucepan and cook 10-15 minutes until thickened, stirring frequently. Fold in nonfat yogurt, green onions, and tomato.

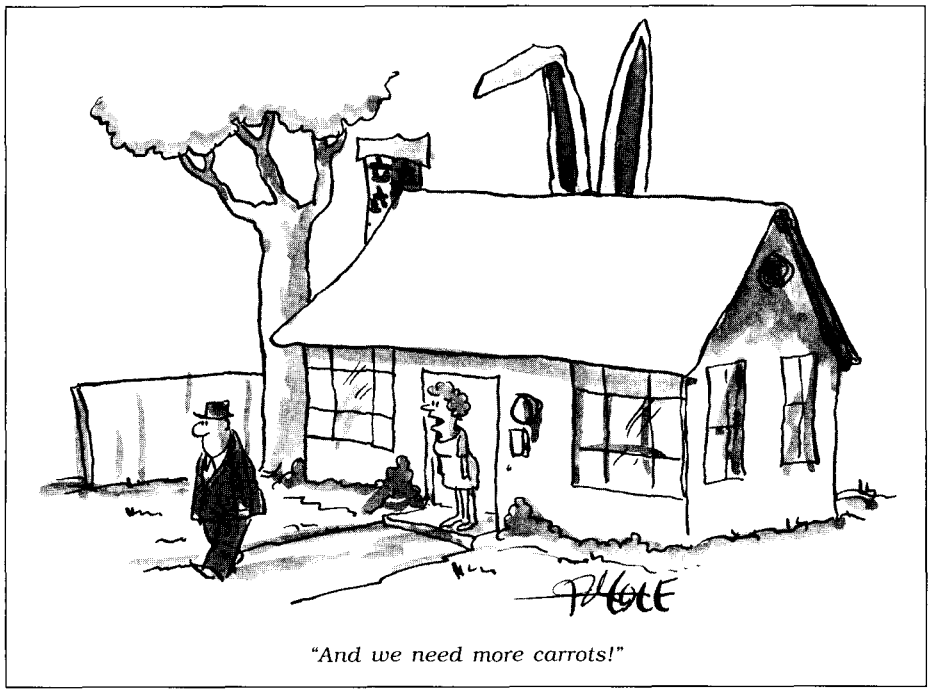
It may be served warm or cold. Stuff ½-¾ cup into bran pita, or spread onto bread and top with second slice. Serve.

Per serving:
Calories: 315 Carbohydrate: 49.7 gm
Cholesterol: trace Protein: 10.5 gm
Sodium: 477 mg Fat: 6.6 gm
Diabetic exchange: 3 bread + 1 vegetable + 1 fat

Lentil Burgers on Whole-Wheat Bread or Bun
(Makes 12 patties)

½ cup chopped onion
½ cup chopped celery
2 cups cooked lentils
2 cups bread crumbs
½ cup chopped pecans
½ teaspoon garlic powder
3 egg whites, beaten
12 whole-wheat buns, or 24 slices whole-wheat bread

Sauté onion and celery in microwave until tender. Add cooked lentils, bread crumbs, nuts, garlic powder, and beaten egg whites. Let stand 5 minutes. Form into patties and roll in bread crumbs. Bake 20 minutes at 350°. Turn and bake 20 more minutes. Serve with tomato sauce, gravy, or in a sandwich with lettuce, tomato, etc.



"And we need more carrots!"

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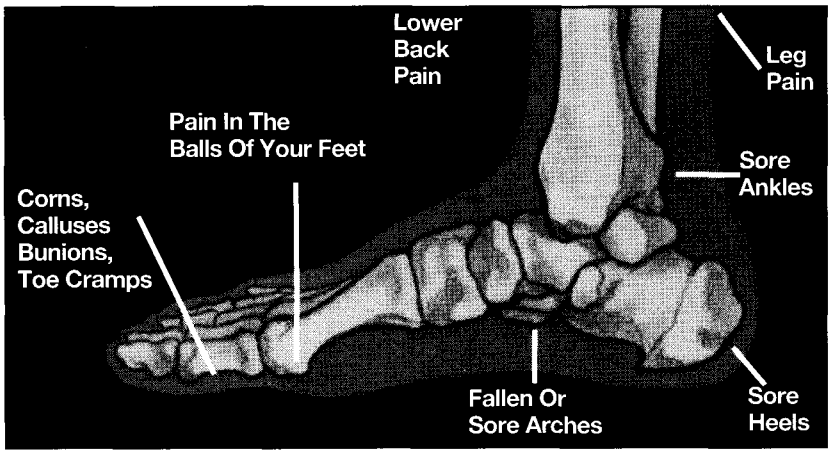
Foot Pain Is No Laughing Matter



At Last - Here's Instant Relief!

If you suffer from foot pain you know better than anyone **it's no laughing matter!** Especially when you have corns, calluses, pain in the balls of your feet, burning nerve endings, painful ankles, old injuries, backaches, or just plain sore, aching feet.

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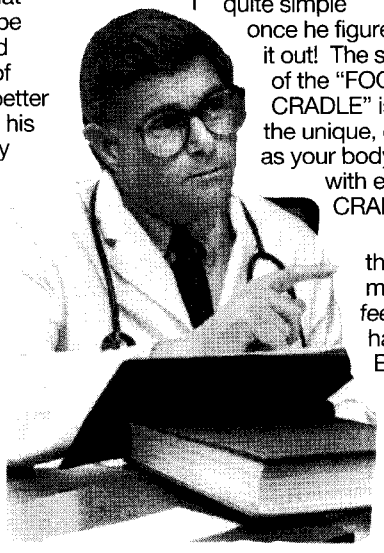
Finally, he set out to solve the problem himself. After testing dozens of special shoes and insole supports, he invented the amazingly successful "FOOT CRADLES."



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Can be made ahead and frozen.

Serve on whole-wheat bun or bread.

Per serving (1 patty):
Calories: 330 Carbohydrate: 47.4 gm
Cholesterol: 0 mg Protein: 13.0 gm
Sodium: 573 mg Fat: 9.7 gm
Diabetic exchange: 3 bread + ½ med. fat meat + 1 fat

Low-Fat Tuna Melts

(Makes 6 stuffed buns)

1 can (6½-7 oz.) water-packed, low-salt tuna
½ cup finely chopped celery
¼ cup chopped onion
3 tablespoons pimiento-stuffed olives, chopped
½ teaspoon garlic powder
⅓ cup no-fat mayonnaise
6 multigrain buns
½ cup (2 oz.) shredded no-fat cheddar cheese

In bowl, combine tuna, celery, onion, olives, garlic powder, and no-fat mayonnaise. Split buns and put on baking sheet; spoon ⅙ tuna mixture onto bottom of bun; top with no-fat cheese.

Bake 5-10 minutes in a 350° oven or until cheese is melted. Top bun with other warmed half and serve.

Per serving (1 sandwich):
Calories: 280 Carb.: 40.1 gm
Chol.: 23 mg Protein: 21.7 gm
Sodium: 674 mg Fat: 4.4 gm
*For very low sodium diets, low-sodium bread may be used.
Diabetic exchange: 2 bread + 1 vegetable + 1½ lean meat

Talking Turkey

continued from page 27

stood on his head for five minutes, and when he got up, he looked like a new person. His face was now three different shades of purple!

✦

This test is over. By reading between the lines (unless you're blind as a bat), you should have recognized most of the 100 clichés herein.

If you spotted less than 80, you apparently did not have your eye on the ball, so it's back to the drawing board for you! If you got between 80 and 90, you obviously had both feet on the ground, and you almost hit the nail on the head.

What? You say you got them all? You're probably lying through your teeth, or you didn't play the game according to Hoyle.

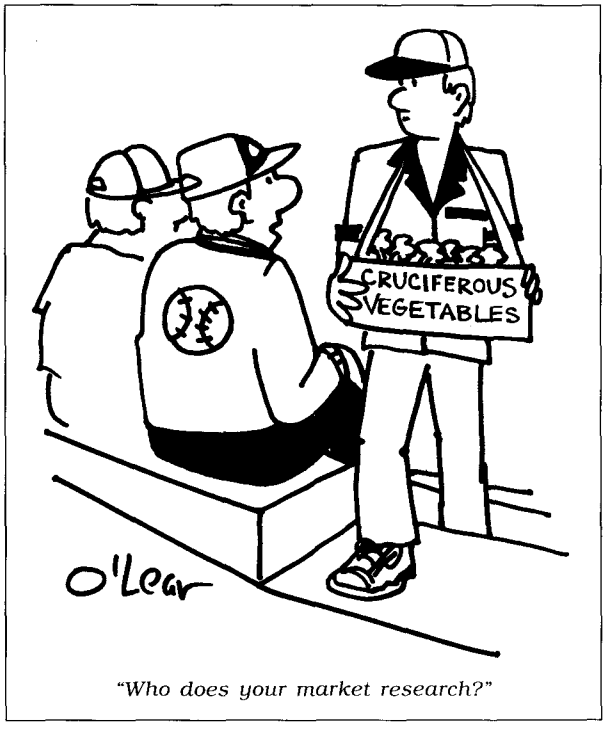
For years, I fought a losing battle royal with cliché lovers, so when I finally realized I couldn't beat them, I joined them. I hopped on the cliché bandwagon! But don't get me wrong —I still hate clichés. They will always drive me up a wall!

Surviving Heart Attacks

continued from page 22

needed to get the job done."

Manually operated defibrillators require a trained operator to interpret the heart's rhythm, determine if a shock is needed, and then activate the right buttons. They are rapidly being replaced by automatic external defibrillators equipped with a computer chip that can read the victim's heart rhythm, decide if a shock is needed, and (with some machines) then administer the shock after a computer voice cautions everyone nearby to stand back.



"Who does your market research?"

"These automatic devices can be used by firefighters, police, lifeguards, security officers, and even by family members" after minimal training, Dr. Ornato said. They cost $5,000 to $10,000 each, which he said was a tiny fraction of the cost of an ambulance or fire truck. Dr. Richard O. Cummins, medical director of the King County emergency defibrillation program in Seattle, said small automatic defibrillators costing $4,000 were now available, and a $1,000 unit was under development.

Dr. Cummins has found in studies in Seattle that "we can increase the survival rate by 7 percent for every minute that is saved in getting the defibrillator there." He emphasized that defibrillation must begin as soon as possible, and no later than 10-15 minutes after the onset of ventricular fibrillation, for the patient to have any chance of surviving. Studies in Seattle have shown that a vast majority of patients who are resuscitated outside the hospital and survive are able to return to normal lives with their mental and other functions intact.

Dr. Cummins, among others, suggests that since 70 percent of cardiac arrests occur in the home, families of high-risk heart patients might consider buying an automatic defibrillator for home use and learning how to use it. He also urges that automatic defibrillators and people trained in their use be available wherever large numbers of people congregate, including sports arenas, theaters, and tall office and apartment buildings, as well as in communities that have large populations of elderly people.

Widespread application of CPR and ready access to a defibrillator are all the more important in a city like New York, where it takes, on average, 11.4 minutes for an ambulance to arrive at the scene of a cardiac arrest and another minute before emergency personnel can administer the needed shock. Coupled with the average two-minute delay in calling 911 after a person collapses, the time it takes before definitive treatment is administered effectively dooms 99 percent of New Yorkers whose hearts stop suddenly.

Breakfast Calling!

continued from page 25

1¼ cups all-purpose flour
1¼ teaspoons baking soda
1 cup buttermilk

Add boiling water to bran in small bowl and set aside to soak. Cream margarine and sugar or honey in mixing bowl. Add egg substitute to creamed mixture.

Combine flour and soda. Combine

continued on page 103

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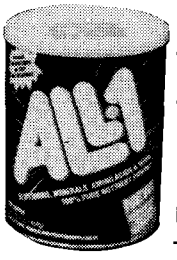

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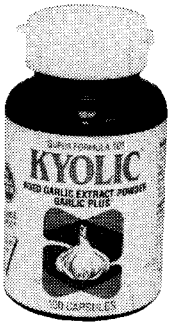

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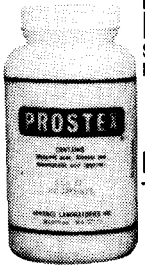

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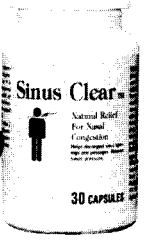

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POST SCRIPTS

Tree of Seasons

Summer hangs unsampled
like a peach;
Sweet golden mornings
kissed with dew.
Hot syrupy afternoons
sticky and fuzzy
And moist amber evenings
ripe for pleasure.
I pluck it from its
tree of seasons
And let its juice
run down my chin.

—Tia Beckstead

And the Beat Goes On

A successful marriage takes a lot of heart work.

—S. H. Dewhurst

Looking Back

A firefly is confusing,
Like a freight train on the loose;
Instead of showing
Where he's going,
He just lights up his caboose.

—Hazel Campbell Tomlinson

Post Haste

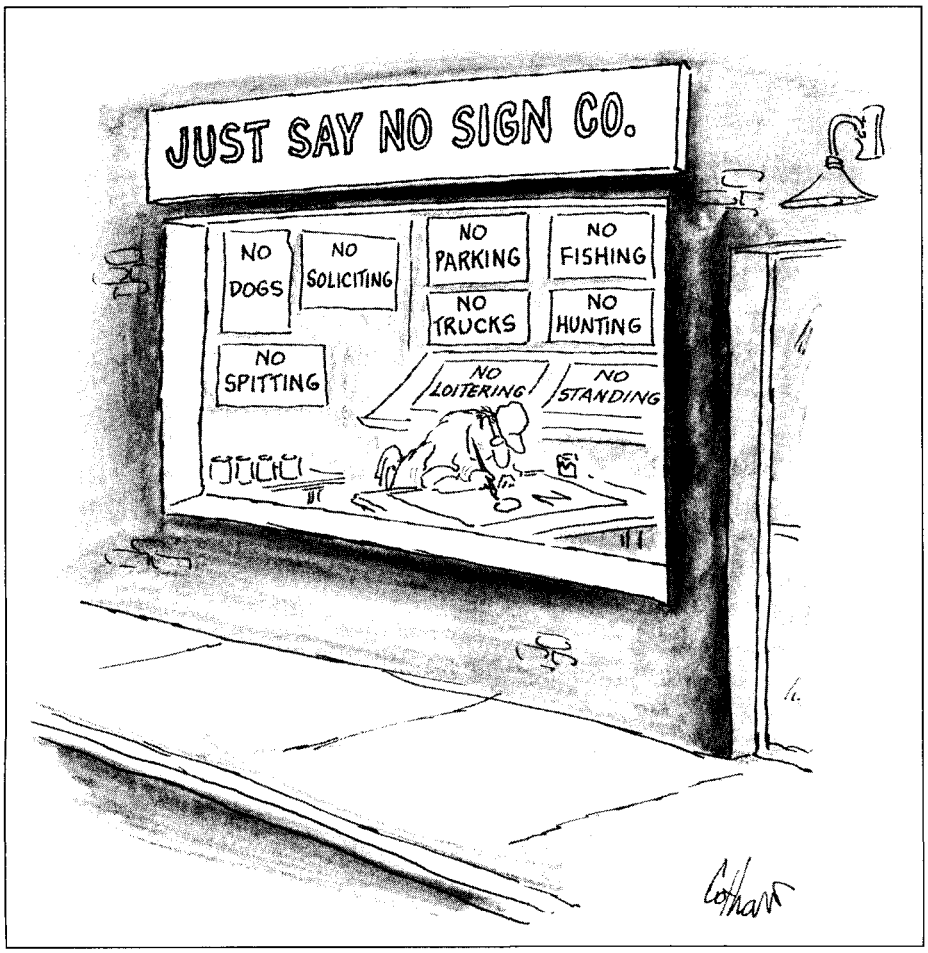
The mail from Rome to home is slow
And often off the track,
So send your cards before you go
Or else you'll beat them back.

—Paul Humphrey

Share and Share Alike

I wouldn't shroud my berry patch
In cheesecloth drapery.
I said, "I'm going to share my crop.
Please, little birds, feel free."
The berries grew to luscious size
And ripened beautifully.
The trouble is the birds that came
Refused to share with me.

—Mary Mullen



Yesterday No More

Yesterday, I wondered and watched
her grow.
I played with fragile fingers and toes.
When did the fingers talk?
When did the toes walk?

With endless energy, she tumbles
and rolls.
Always a tomboy with pockets
of toads.
When did the tumble turn to grace?
When did the tomboy turn to lace?

She took on style with a coy smile.
Boys appeared from nowhere
to be near.
When did the smile invite?
When did she become a delight?

Walking wondrously down the aisle.
Wedding bells softly whispering.
When did she grow before my eyes?
When did the yesterdays go by?

—Kerry Ann Sime

Stepping Lightly

The beach sand's so hot
It feels like coals.
Yes, these are the days
That try men's soles!

—R. C. Shebelski

Itchin' to Know

Every creature on earth, they say,
Has a useful role to play.
Maybe so, but holy Toledo,
What is the purpose
Of the mosquito?

—Margaret Knights Hultsch

Listen to This

Don't believe everything you hear, and you will be wise beyond your ears.

—Richard C. Miller

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How My Garden Grows

I plant seeds, get weeds.
I kill weeds, buy new seeds.
Seeds sprout, ground parts,
A something darts.
It's Mole, all bore-y.
That's the "Hole" story.

—Rhoda Pellor

Blistering Thought

You're lobster red and hurt a bit?
Remember that you BASKED for it!

—Selma Glasser

Worth the Price

My daughter's getting married;
She's finally set the day;
But after all it's cost to raise her,
She's asked me to *give* her away.

—Robert L. Coder

Figuratively Speaking

In skimpy suits, our neighbors
prance
Around the pool—the fat, the thin.
In summertime, we get a chance
To see what kind of shape they're in.

—Irene Warsaw

Ready, Set, Stop!

I brewed a jar of sun tea
To drink this torrid day,
But frosty sips are just a dream—
The freezer's fully of empty trays!

—Virginia Killough

"Oh, look, honey . . . Billy's ready to leave the nest."

No Place Like Home

Where can I go without high cost
and be there in a minute,
In sun or rain and not get lost,
where comfort has no limit?

Where can I fell the choicest breeze
when breezes may be nowhere,
Without a trip to the South Seas,
or mountain, beach, or elsewhere?

There is such a place I love to go,
where shade prevents sun scorch,
To spend time with my favorite beau:
our coveted front porch.

—Dorothy Foley

If Looks Could Thrill

My gloves are finest pigskin,
My bag is tartan plaid.
My T-shirt sports a motto,
My cap's the latest fad.

"You do your best when you look
good,"
So said the golf shop ad.
I look just like the model—
How come my game's so bad?

—Glenna Holloway

Economy Dish

Her gourmet cooking's pretty poor;
Her baking art is full of holes—
But she's a crackerjack, for sure,
At whipping up scrimp casseroles.

—G. Sterling Leiby

Straight to the Point

To speak the English language
Is a simple thing to do,
But some words cause you pain
to say,
More than other words may do.
How easy it is to say you're
happy!
It's as simple as a song.
But the hardest words you may
ever speak,
Are, "I'm Sorry, I Was Wrong."

—Joanne Withers

"Okay, one of you punks is in my seat."

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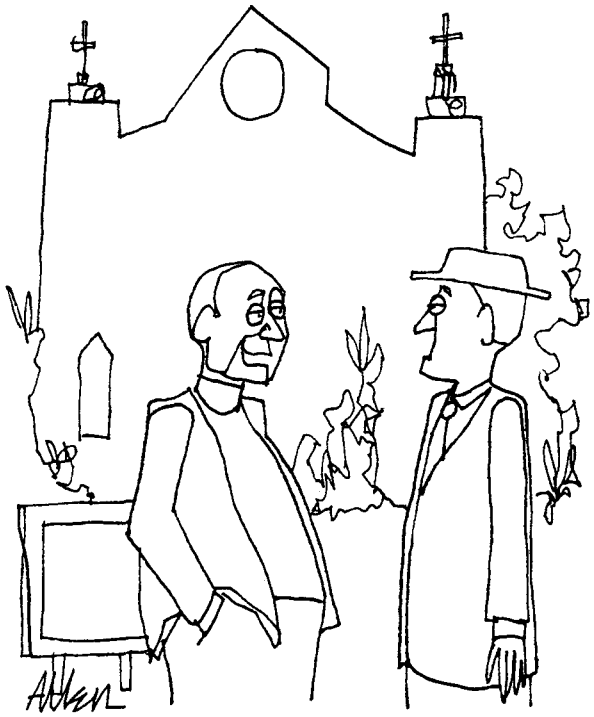


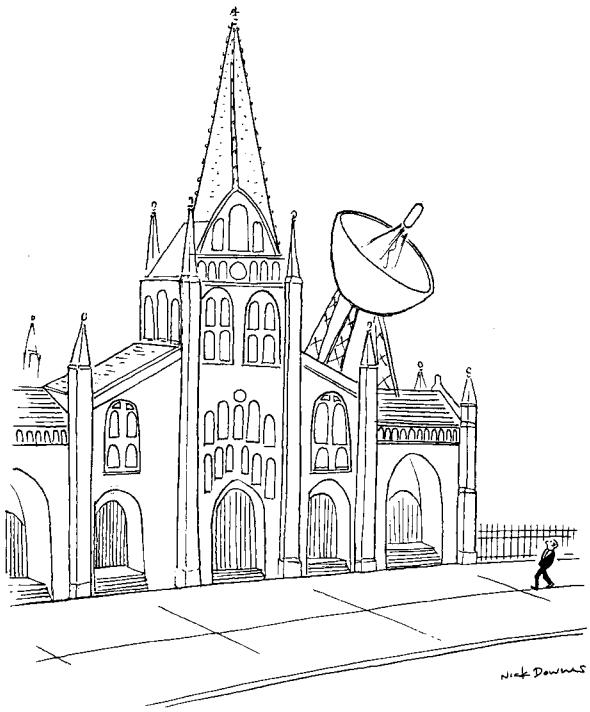
"The pay isn't so great, but I can't say enough good things about the boss."

"The music was okay, but I thought the commercial was too long."

SUNDAY SCENARIOS

"Do you mind if I check for Indian-head pennies?"

"Bernice—did you join some sort of religious book club?"



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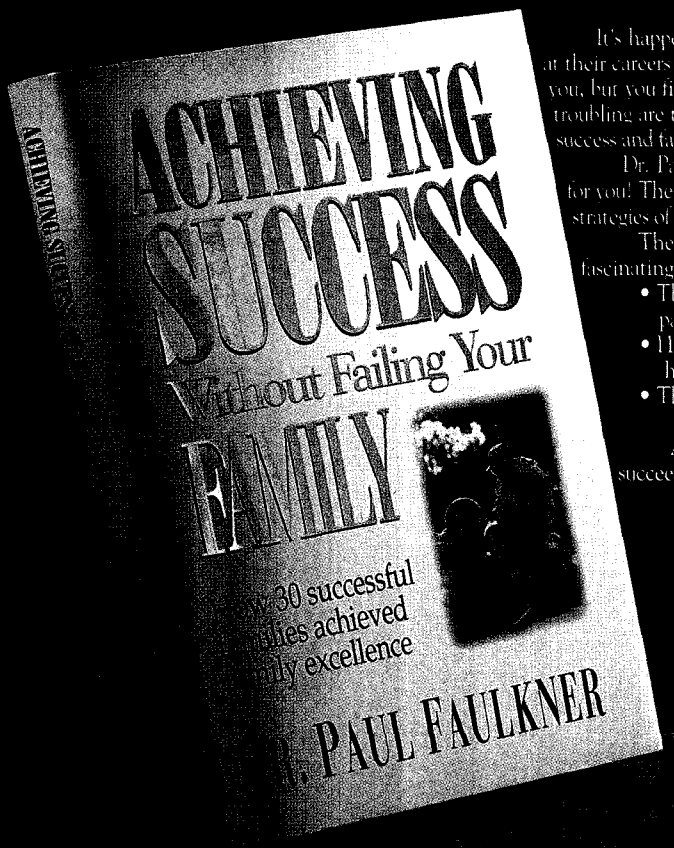

It's happening all around you. Moms and dads are working hard to be successful at their careers but are losing ground with their families. You don't want it to happen to you, but you find yourself struggling to balance career and family demands. Even more troubling are the assertions of the "experts" who say that you cannot have both career success and family excellence.

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NEST SCHOLARSHIP RACES & GAMES

When it's Tulip Time at the Fitness Farm, it's time again for excited kids to vie for college funds.

by Maynard Good Stoddard

"On your mark!" read the application for the 1994 Tulip Time Scholarship Races at the Fitness Farm in Indianapolis.

"Get set!" came with the April 30 sign-in for the annual sporting event, which attracted 460 enthusiastic registrants from 37 states.

"Go!" echoed across the acres of tulips in glorious bloom, as children of all ages sprang from the starting line in a blaze of red-hot Reeboks and an aura of high hopes.

The competitor breaking the tape in each age classification (6 and under, 7-8, 9-10, 11-12) would add a $1,000 scholarship to his or her college fund. Better yet, the victor in the Predicted Time Race, a special event for those in wheelchairs and the physically impaired, would go happily home with a Grand Prize Scholarship of $2,000.

The prizes, however, went not only to the fleet of foot. Nest Entertainment sponsored the Soccer Challenge and the Basketball Playoff. As producers of the animated feature film *The Swan Princess* (scheduled for release in November), Nest focuses on providing family entertainment and educational experiences. Jean-Bob (the frog) and Puffin, two of the film's animated characters, were star attractions, warts and all, at the festivities.

This year's Scholarship Races did not lack for family entertainment, especially for a family from Columbia, South Carolina. Michael Canty, 9, and sister Caroline, 7, pleaded for a piece of the action. "It's not too far away," they argued. "We've *got* to run."

So what were parents to do? What the Canty parents did was make the Scholarship Races their family vacation, driving to Indianapolis to see their two youngsters battle for bucks on the Fitness Farm track. All were interested in the magnificent tulips in bloom, the Circle City Stompers clown band, the chess and jazzercise demonstrations, the smoking cessation program, and, of course, the good company.

In case you missed the 1994 competition, don't worry. Next year's event will feature an even bigger scholarship purse. Rain or shine, the Children's Better Health Institute will sponsor the third annual Tulip Time Scholarship Races April 22, 1995, at the Fitness Farm. So pencil in the date on your calendar. We hope to see you there!

Won on one. Jenna Canal streaks toward the finish line in lane one to take the $1,000 scholarship prize for girls ages 7-8.

After tiptoeing through the tulips, four-year-old John Dicksen relaxes in the bed of riotous colors from which he can watch all the action on the Fitness Farm track.

Scholarship competitions for the kids and fun for the parents brought families from as far away as Mississippi, Minnesota, and South Carolina.

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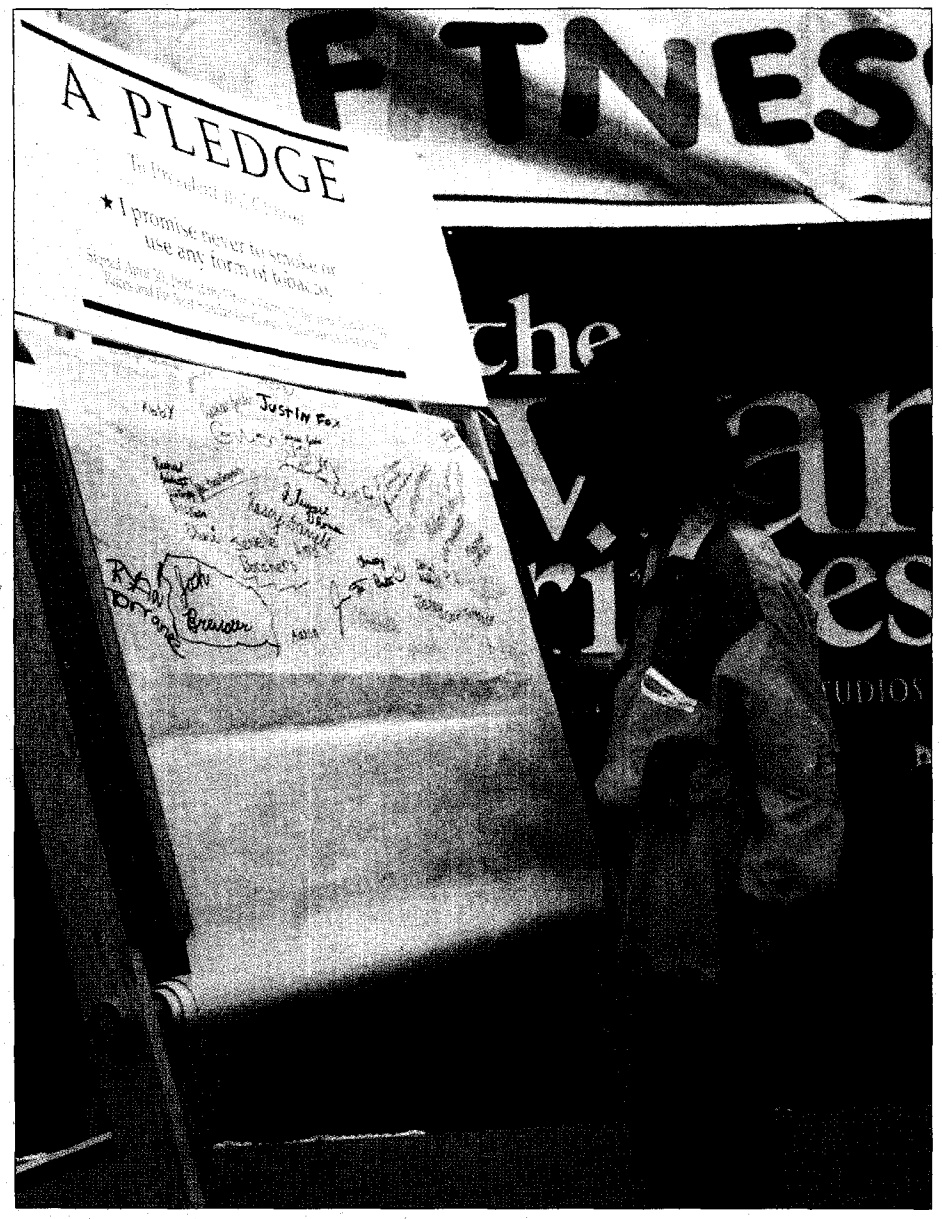

The giant no-smoking scroll, destined for the desk of President Bill Clinton, grew longer by the minute as young visitors applied their John Hancocks, pledging never to take up the tobacco habit.

"This is a positive, healthy challenge for the nation's young, and we had a great time, too," said Matt Mazer, executive vice president of L.A.'s Nest Entertainment. Some of that "great time" consisted of presenting his company's awards for soccer and basketball.

Competing for big bucks wasn't the only fun at the Scholarship Games. Demonstrations in badminton and jazzercise, pony rides, and the toe-tapping sounds of the Circle City Stompers clown band, a perennial favorite at the Tulip Time event, completed the menu for the happy feast.

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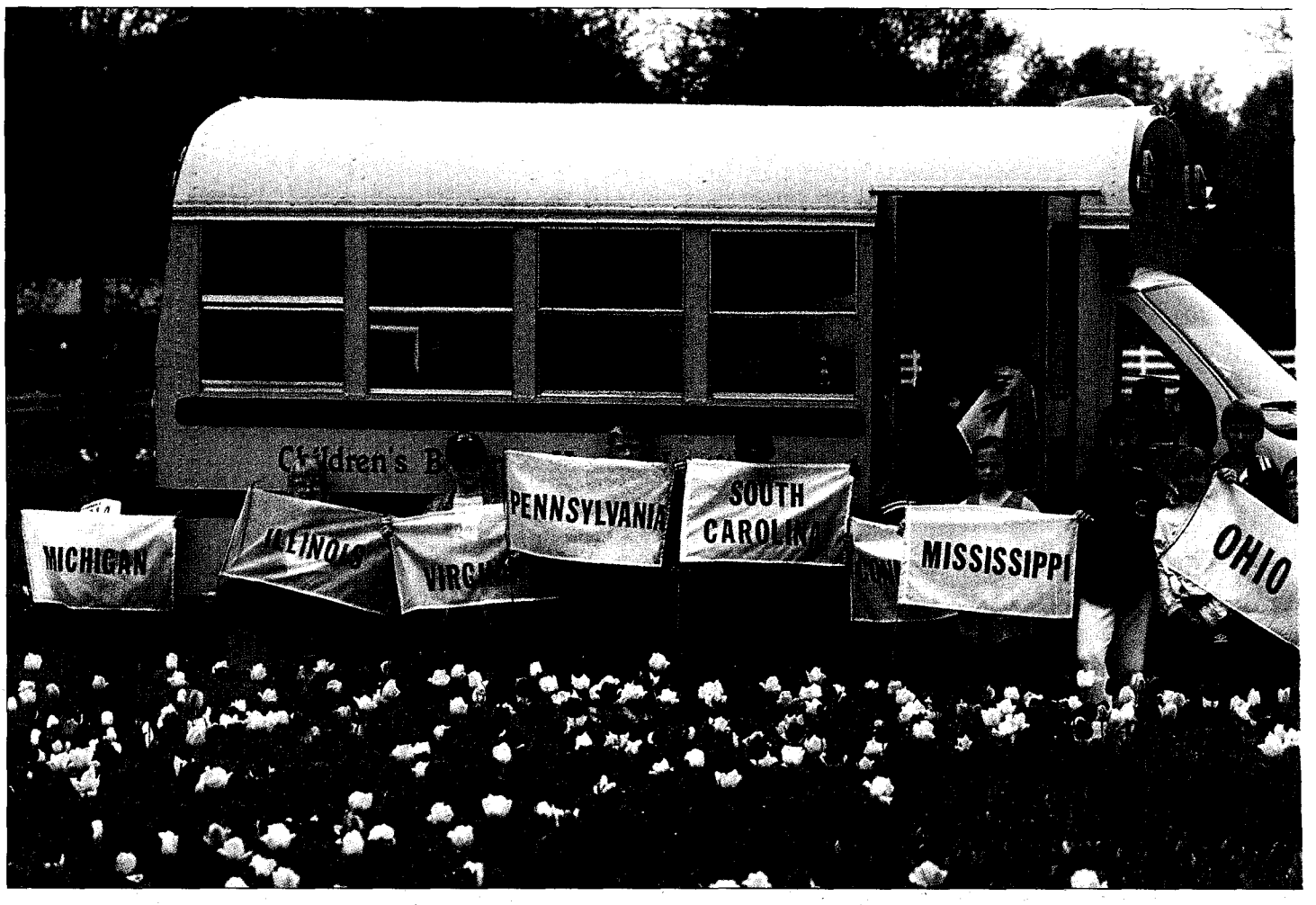
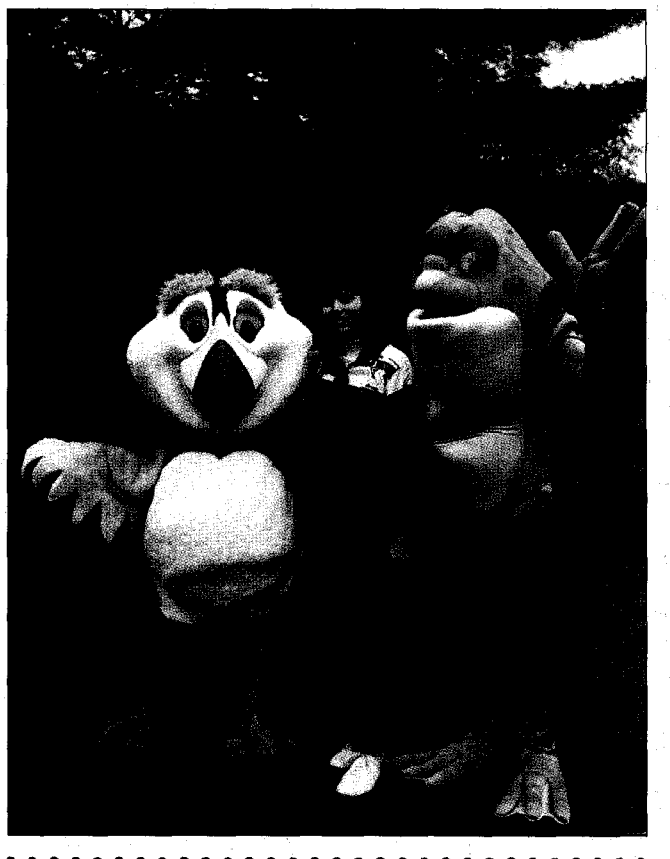


Puffin and Jean-Bob, characters from NEST Entertainment's animated film *The Swan Princess*, put the squeeze on Joan Durham, Fitness Farm director.



Kal Clark of Pewee Valley, Kentucky, proudly displays his $1,000 scholarship certificate after taking top honors in the boys' 7-8-year-old division race.

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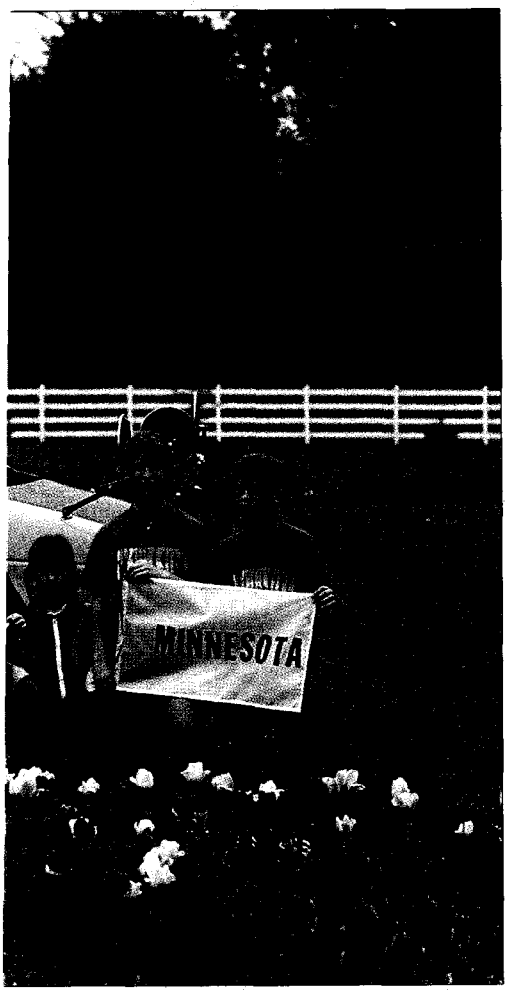
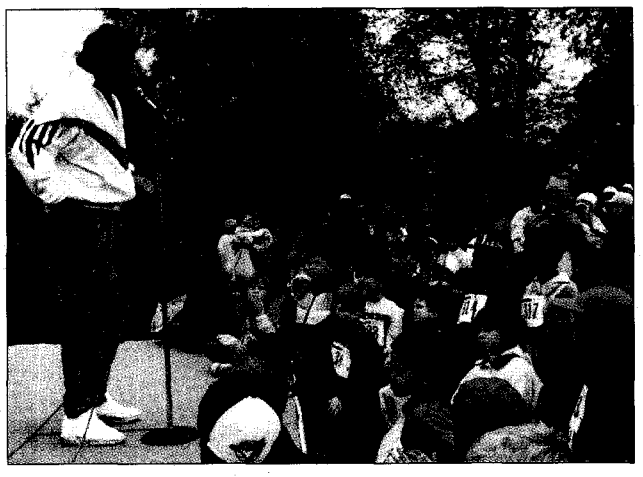


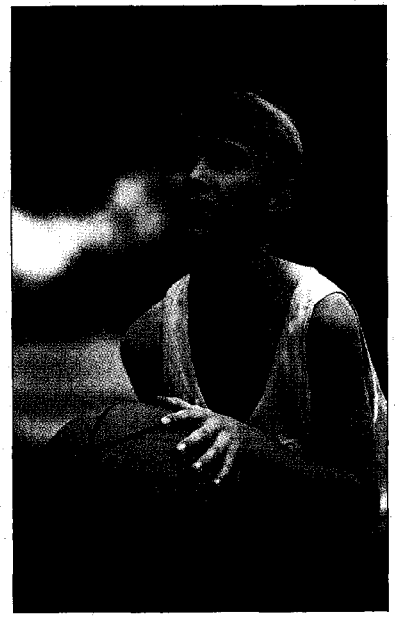
A record number of entrants from 37 states requested applications for this year's scholarship events. The Children's Better Health Institute bus had a busy day transporting contestants from parking lots to the game areas.

No one kicked when the Fitness Farm opened its acres to an exciting new event, the Soccer Challenge. Marcus Collins, Jr., of Indianapolis demonstrated his skill in one of the day's most popular competitions.



Who more appropriate to kick off the festivities and huddle with the hopefuls than Blair Kiel, former quarterback for the Indianapolis Colts?

It was a winning day for James Borchers of Huber Heights, Ohio, who returned to the Buckeye state with two $1,000 scholarships, one for the 9-10 race and another for basketball.



In the early morning, Crohn's and colitis sufferers became the real winners of the "Got to Have Guts" 5K race. Hundreds of runners, joggers, and walkers turned the track into a $6,000 benefit for the CCFA to research the causes and cure of inflammatory bowel disease.

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THE TALE OF THE TOMMYKNOCKERS

Was the old man just telling a tall story—or was the mine really haunted by the tiny creatures?

by Margaret Craven

Illustrated by Gyo Fujikawa

When the price of gold remained pegged and the most famous mine in the Northern Lade was forced at last to shut down, the newspaper in Grass Valley asked help for its Tommyknockers, a dispossessed and refugee people without a home.

The Sixteen-to-One and the Best Mines said they'd take a few, and men who had worked at the Golden Fleece in its prime sent back word from the Yellow Jacket, the Ely Witch, and even from as far away as Flin Flon that the old mine could rest in peace, because they'd find room somewhere in their winzes and their stopes for every last one.

The Tommyknockers came to California with the Cornishmen in the latter days of the Gold Rush, and there were those who swore they'd seen them then—wizened little men scarcely a foot high who knocked on tiny anvils with hammers the size of darning needles to warn the miners of impending disaster. "Knackers" they were called in Cornwall, kin of the elves and the sprites. It is said their origin goes back in a folk memory to some ancient, forgotten race forced by the first Celt invasions to hide in the moorlands and the cliffs; but when John Wesley rode his horse from one Cornish village to another, there were still many who believed they were those who crucified our Lord, destined to work out their doom forever deep in the dark earth.

When the knackers crossed the Atlantic and became Tommyknockers, they were regarded with deep affection. There wasn't a Cousin Jack who didn't heed his wife and leave them a bit of his crust or his pasty—and they still do it. When the mules hauled out the ore and a "super" berated a miner for a bad tally, he needed speak only the simple truth: All night long, the Tommyknockers had raised 'ell in the barns, pulling the mules' tails and blowing in their ears. His poor beast hadn't had a wink.

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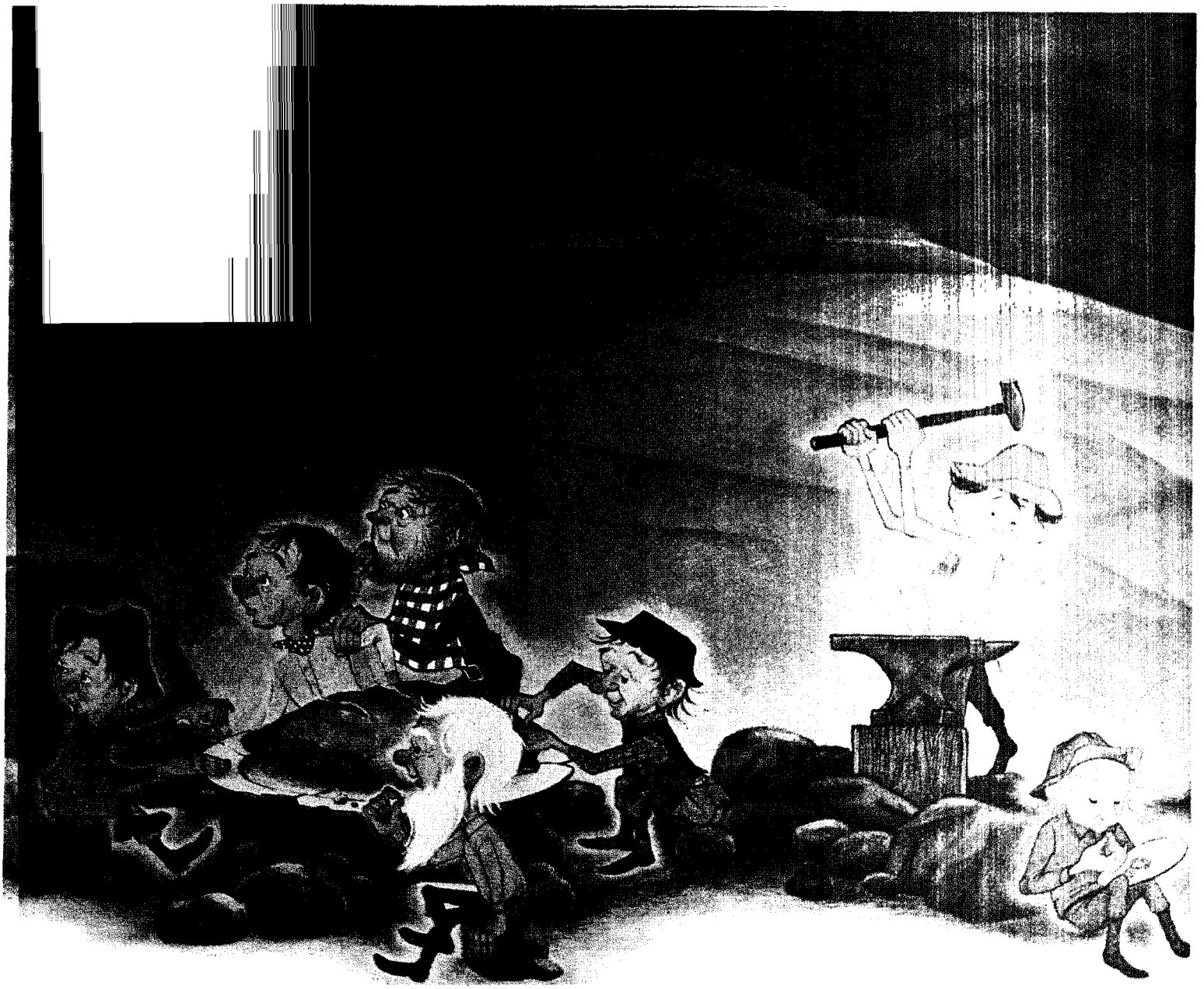

And even now up Grass Valley way, if you ask a mining man if he believes in the Tommyknockers—and this is true wherever a Cornishman has worked in the dark and narrow stope—a strange little look will take his face, and he won't answer you directly. Like as not, he'll tell you about the time he was working a mile down in the old Empire when he heard a tap-tap on the air lines and a persistent knock-knock on the sills, and he put down his tools and he said, "This hole's deep enough," and scarcely had he reached the surface before the rock fell in the stope he'd just left. Now, he could say that when a man spends his life underground, he develops an uncanny sense that warns him of trouble coming, and he could say that the sounds he'd heard were only the old timbers complaining of their terrible burden. But he won't.

"The Tommyknockers were talking," he'll say quietly. "And when they talk, lad, I listen."

So the Golden Fleece was closed. The yellow leaves of fall mellowed it. The green of spring softened it. And all its Little People went away forever. At least everybody thought so until summer came and the car turned up the lonely road.

It looked like something to deliver orphans to an asylum, a light truck aping a station wagon. In it were the young Prescotts, their twins, their cat, their most choice possessions.

The gentle little ghost towns of the Mother Lode had been a delight. John's knee had stopped its aching. Susan's face had lost its fine, drawn look of worry. The twins, aged five, had been noisy, naughty, and fun. And atop the highest mound of luggage, Pansy had purred loudly because her family was together again and hope was riding with it.

Just once, Robby had remembered the dreary city apartment near the hospital where the doctors were trying to fix daddy's knee. "Are we going home now?" he'd asked anxiously, echoed at once by Patty. "Is that where we're going now? Are we going home?" And John had said yes, in a way.

He'd explained that Grandfather Prescott had been born in this country they were seeing for the first time, and at the mine where his father had worked was a house he'd loved as a little boy. So when he was grown, he'd bought it, furniture and all. He'd permitted the original owner to live there until he should need it, and all his life, he'd planned to return when he was old.

"And did he?" Robby had asked. John had said no, Grandfather Prescott didn't need a house where he was now, so he'd left it to them, and wasn't that nice?

It was only when they left Auburn in the Northern Lode—the sun hot now, Pansy and the twins napping—

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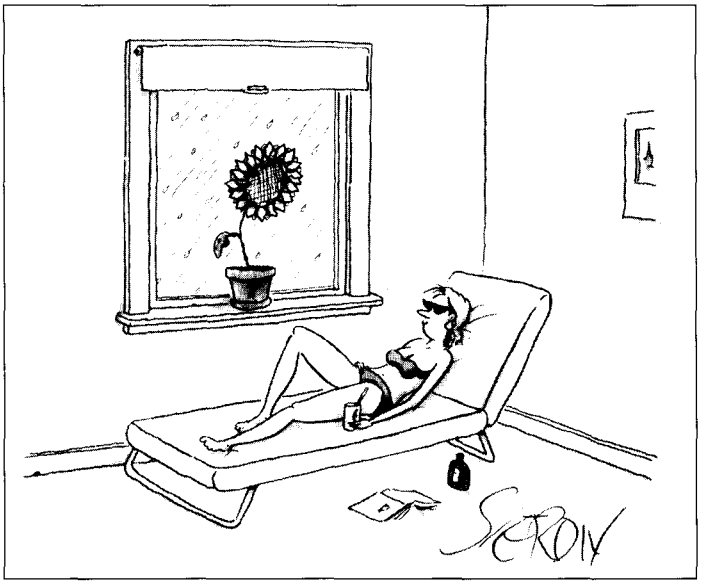
that hope slipped into "suppose." Suppose the house wasn't habitable? Suppose they had to find some other place to hole up while John's knee strengthened? Suppose it didn't——

"The only thing the lawyer knew was that the mine had been closed," John said. "He saw an item in the newspaper asking help for its Tommyknockers."

From the rear came a sleepy voice. "What's a Tommyknocker?" Susan said that it was a Cornish elf and she'd tell him later, and go back to sleep.

Then they came to the turnoff, and Susan drove as slowly as the car could go, afraid to hope, afraid to arrive. They rounded the last bend and saw the Golden Fleece sleeping in the sun, its blacksmith shop, its timber shed, and slightly below it and not 50 feet from its portal, the house, waiting like a friend.



It was a two-story white frame house surrounded by a wide veranda. Birth, death, sorrow, and joy had marked it as definitely as character marks the face of one who has taken all life can hand out and still aged gracefully.

They stopped beneath the pines and climbed out and stood staring. The tin-roofed mining cabins fell away, and the hard luck and the dreary city apartment. They saw the grass where the twins could run and the stream where they could wade and sail their boats. They saw the screened porch where they could eat outdoors, and where John could putter at a workbench—and more room than they could use.

They started forward exactly as the twins entered on Christmas morning, eager and shy and full of wonder—and then they stopped.

On the steps watching them intently sat a fine, fierce-looking old man. He stood up and came forward, something closed and guarded in his face, and the pressure of John's hand on Susan's said, "Now let me do the talking. I'll handle this." They stood ready to fight for what was theirs, for what they needed so desperately.

"I'm Ben Hutton, the caretaker," he said. "I'll be glad to have you picnic in the portal. Mighty refreshing place on a day like this." The voice held such dignity, it made them feel like interlopers.

"Thank you—no, sir, we didn't come to picnic."

"You wouldn't be looking for a house to turn into an inn?" the old man asked. "With a bartender with a waxed mustache and a piano that plays tinny?"

They were truly shocked. "Oh, no—no, indeed." And for the first time, they realized he was backing them slowly to the road's edge. Then he saw the car.

He looked at it long and carefully. When he spoke, it was as if to himself. "Forth-and-to'y transportation," he said. "It's been used to go to and from a mine. Yep, no doubt about it. Mining man's car, and a mining man's gear—a little more beat-up with each move."

Pansy descended from her perch and emerged majestically, and Patty awoke and stuck up her tousled head, the native embroidery on her dress plainly visible.

"All you need is a monkey on top," said the old man. "You been in the jungles, son? You get that knee in a plane crash in the bush?"

"It was an iron mine in South America," John said, "and it wasn't a plane crash. It was a shaft-sinking accident. Got myself clobbered by a sinking bucket." When he laughed, his voice was still a bit shaky. "Clobbered good, sir—clobbered plenty."

"And the Indians had never seen a white baby," Susan said eagerly, "and they came smiling in a constant stream and stuck little bits of dirty wet paper on the twins' faces to ward off the spirits, so of course——"

"You struggled to your feet and took 'em to the makeshift you'd made home," said the old man. "Typical mining man's wife." They all laughed, and the time had come to tell him who they were.

The guarded look was gone now. The character in the face, which was so much like the character of the house, was resigned, as if ready for a blow which would be important because it was the last. And they couldn't speak. They couldn't tell him, and so he did it for them.

"I think you must be kin of William Prescott," he said slowly. "Haven't heard a word since he died five years ago. Been kind of expecting somebody would come. I'm glad to welcome you. I'll show you the house, and then I'll leave."

The house was perfect for them. The twins scampered through the cool, high-ceilinged rooms and up and down the stairs, and Pansy held her tail high and nosed out the mouse holes. But the house was spoiled for John and Susan Prescott, and they didn't know why, and they had to find out.

While they were removing the first luggage from the car, they could hear the old man upstairs packing his personals, getting ready to go. They carried in only two bags, and they whispered stealthily.

"Do you think it's safe to leave the twins with him?" Susan asked. John said of course it was safe, and not to be an idiot—anybody could see he was a fine old guy, and he'd go ask him.

He knocked on the bedroom door. "Mr. Hutton," he said casually, "would you mind keeping an eye on the kids while we drive into town for some supplies?" The old man said he wouldn't mind; he liked kids and cats. They might bring home some pasties from the inn of the Cornish widow, and he told John how to find it.

For the first time since the accident, the young Prescotts had something to think about besides themselves. They drove fast. They could hardly wait to arrive and start snooping around asking questions. When they reached the town's edge, they saw a motorcycle cop watching for speeders, and they stopped alongside; the man came over.

"We're interested in an old man we met at the Golden Fleece," John said. "Name

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of Ben Hutton. Do you know him?"

The officer grinned. "Sure, I know him," he said. "Takes the combined force to keep him out of the pokey. The motor-vehicle department thinks he's too old to drive, but Ben doesn't agree."

He laughed. "Had a new spit-and-polish boy who insisted on picking him up, but we've worked out a compromise. Ben parks his old black sedan on the outskirts and walks into town. If he doesn't drive in traffic, we don't bother him. Why are you interested?" John explained that they had come to live in the house which he had inherited from his father.

"Mighty sorry to hear it," the officer said abruptly. "They don't come any better than Ben Hutton." And he turned away.

They had begun to feel like criminals, and for a moment, they even harbored the thought that Grandfather Prescott must have cheated the old man, an idea too gruesome to ponder. John said there was only one thing to do—find the Cornish widow and put it straight to her.

When they found the place and entered, they saw a teen-age girl behind the counter, lips a little too red, blouse a little too low, the kind of a girl you see in any small town, certain that she is cooped and caught and determined to reach the big city where she can start to live.

She looked at them curiously, as if she were expecting them. "I'll call my aunt," she said. And when the gray-haired Cornish widow entered, a package in her hands, they knew instantly there was no use to ask a question. The closed look was on her face.

"You must be the Prescotts," she said. "Ben called you were coming. I have the pasties ready, and there'll be no charge—and no questions, please. Ben says a contract is a contract. He says you're a mighty fine young couple and you've had a mighty hard time, and you need the house more than he does." She handed them the package and went back into the kitchen.

When they reached the car, the young girl was waiting for them. "I'll tell you," she said. "It's the silliest thing you ever heard. Ben Hutton's as stubborn as the rest of this town. He's a refugee from a rest home. That's all."

"You mean——"

"That's right. And do you know something? The town's on his side. Every time Esmeralda, his daughter, comes to persuade him, somebody warns him and he hides out until she's gone."

"He does, does he?" said John with respect in his voice.

"They're jealous. That's all. Esmeralda got away from this burg. She has a big car and a mink coat, and they're jealous. But now that you've come, he'll have to go; and it'll be a lot better for him, and if nobody speaks to you, I will."

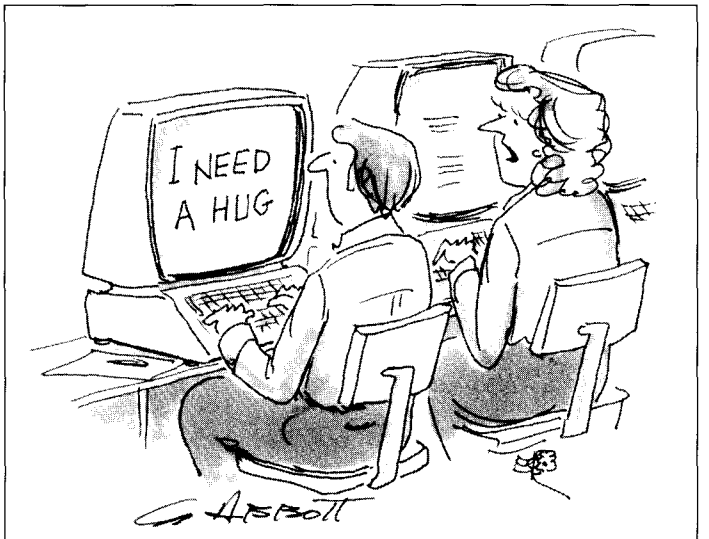
When they had bought their groceries and started back, they knew what they must do. They were mining people, and so was Ben Hutton. Susan said she couldn't bear to think of his sitting in the parlor of some dreary city rest home waiting for callers who never came. John said he was like the last of the buffalo caught in a blizzard with the wolves circling, and for his money, Esmeralda was the lead wolf, the baby Quisling at her heels. And as for John's father—neither had any doubt as to what he'd want, and if they didn't manage it, blasts would pop off all over heaven itself.

"The old guy's proud," John said, "and that's the danger. We'll have to feel our way. I'll start it and you finish it."

When they reached the house and entered the kitchen, Ben Hutton had his bags packed and was ready to leave.

"Susan," John said brusquely, "you call the children while I carry out our stuff. Thank goodness we didn't unpack much of it. And don't forget Pansy. We can't leave without her."

"Wait a minute," the old man said. "What is this? What are you two doing?"



"They said this new computer would be almost human."

"There isn't any use disputing it," John told him. "We're leaving. We can't stay. Not possibly. Why do you think my dad bought this house? So he'd have a home waiting for him when he was old. That's why. So he could be his own man to the end in a mining man's country talking a mining man's talk."

He started for the door. As he opened it, he turned. "And besides," he said, "if we stayed, nobody would speak to us. Not the Cornish widow. Not even the traffic cop. Nobody—except maybe the widow's niece, who wants to go to the city like Esmeralda and wear mink." And out he went.

Now it was Susan's turn. She sat down at the kitchen table beside the old man, and she began to cry. "It's such a lovely old house, and it was going to be such a fine summer, and now it's spoiled. Oh, Mr. Hutton, couldn't we all stay? I don't think you'd mind us. Really I don't. We're nice people. At least I think so."

The old man was watching her carefully.

"Every child needs a grandfather, and the twins have none. And for a year, John's had nothing but shattered kneecaps and sickness. We need you."

The old man's struggle showed on his face. Then John came in with the children, Pansy clutched in his arm. "Ready, Susan?" he asked.

She stood up slowly, but the old man remained seated, and she sensed the battle was over and pride had won.

"I appreciate what you're trying to do," he said slowly. "And a better try I never saw, and I thank you for it. I don't say it's easy to leave. I was born in this house, and there's scarcely a job in the old mine I haven't worked one time or another. It isn't that I wouldn't like to stay. It isn't that I wouldn't enjoy it. It's been mighty lonesome sometimes with the mine closed down and even the Tommyknockers gone."

A little look of complete understanding passed between Robby and Patty. They walked over and planted themselves at Ben's knees.

continued on page 70

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B12 SPECIAL REPORT

"It would be better all around, especially for the patients and for cost containment of medical care, if the FDA would authorize the marketing of B_{12} for the oral therapy of pernicious anemia."
—Christian Jansen, M.D.

THE 70-POUND, CENTURY-OLD LADY WAS DEFIANT

When she refused her lifesaving vitamin B_{12} injections, she proved that oral B_{12} would do just as well. Eighteen years later, patients are still denied oral treatment and prevention of pernicious anemia, because FDA regulators probably haven't read her story.

By William H. Crosby, M.D.

Illustrated by Don Trawin

Gertrude weighs 70 pounds, is 101 years old, and lies about her age. She may claim 82 years or 88 and, when confronted with these inconsistencies, retorts with twinkling impudence, "Well, what do you expect?"

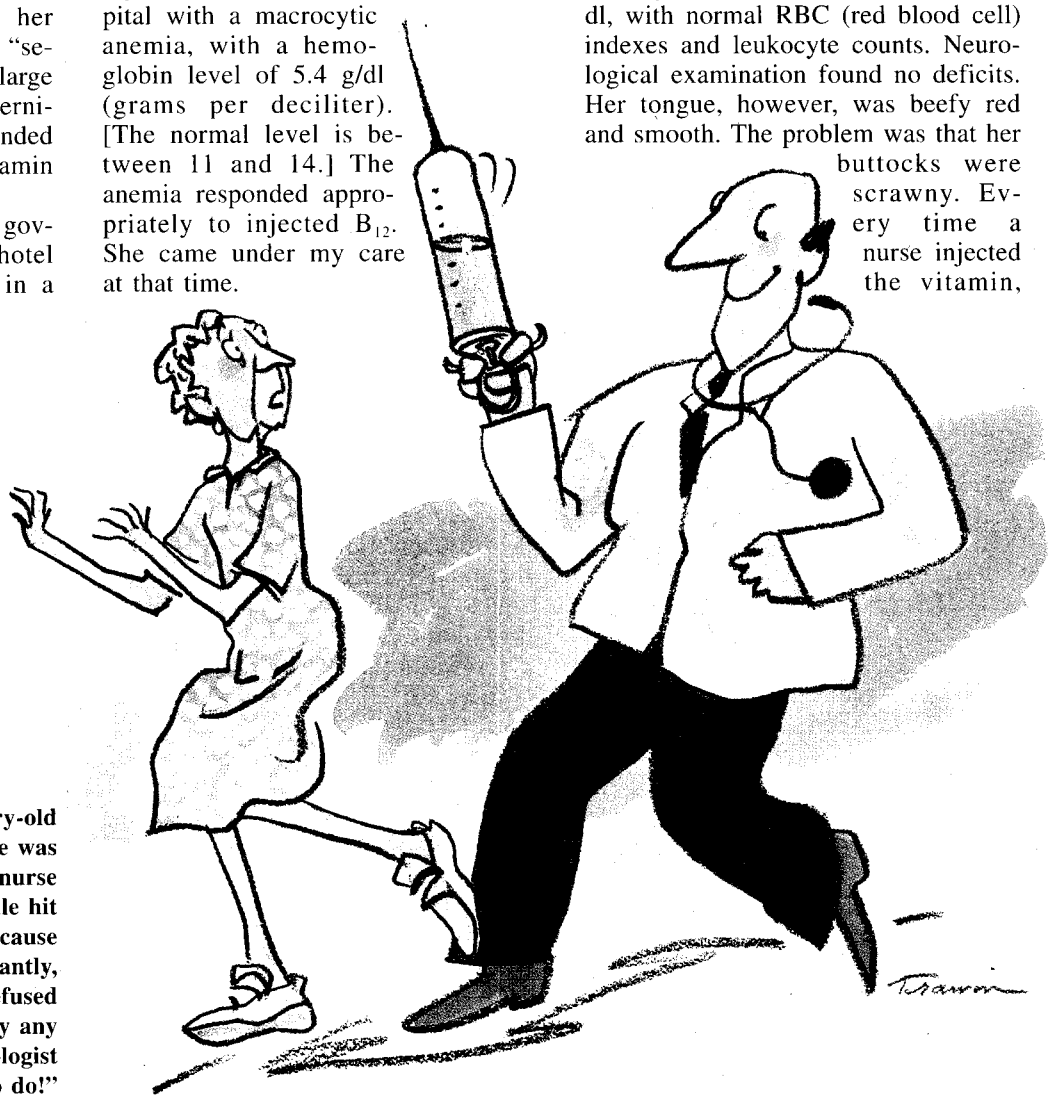
In 1963, because of anemia, her marrow was examined and was "severely megaloblastic." [That is, large cells were present, indicating pernicious anemia.] The anemia responded promptly to intramuscular cobalamin (vitamin B_{12}).

In 1975, her benevolent state government rousted her from her hotel residence and sent her to live in a convalescent hospital in another city. The history of pernicious anemia (PA) did not accompany her. She was given no vitamin B_{12}.

In time she relapsed, and in February 1976, she was admitted to the hospital with a macrocytic anemia, with a hemoglobin level of 5.4 g/dl (grams per deciliter). [The normal level is between 11 and 14.] The anemia responded appropriately to injected B_{12}. She came under my care at that time.

Her Buttocks were Scrawny

In 1976, I was called to see her because of her refusal to permit the prescribed intramuscular injections of B_{12}. Hemoglobin concentration was 11.5 g/dl, with normal RBC (red blood cell) indexes and leukocyte counts. Neurological examination found no deficits. Her tongue, however, was beefy red and smooth. The problem was that her buttocks were scrawny. Every time a nurse injected the vitamin,



"Now, my 70 pound, century-old lady put me on the spot. She was defiant. Every time the nurse injected the vitamin, the needle hit bone. To this she objected, because of the bone pain. She adamantly, categorically, emphatically refused to have any injection by any person, her friendly hematologist included. What to do!"

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They were instructed to take a one-milligram tablet each week at church time Sunday morning. "There is no doubt that this oral therapy is as effective as the muscular."—*Wm. H. Crosby, M.D.*

the needle hit bone. To this the patient objected, because of the bone pain. I induced the patient to permit me to give an injection, and to demonstrate to the nurses how to hit the muscle and not the bone. But the next injection hit bone again, and after that the woman adamantly, categorically, emphatically refused to have any injections by any person, her friendly hematologist included. What to do!

Several years ago, in the *Archives of Internal Medicine*, I exhorted my fellow physicians to improvise. Improvise? Here was an opportunity to try my own teaching.

Thirty years ago, we had available tablets of cobalamin (B_{12}) that contained one milligram of the crystalline vitamin without intrinsic factor (IF). Drs. Unfley and Conley and coworkers had demonstrated that such a massive oral dose of cobalamin (1,000 times the daily requirement, one microgram) could induce and maintain indefinitely remissions of PA.

Oral B_{12} Just as Effective

Emulating them, we at Walter Reed prescribed the one-milligram tablets for all of our patients, stipulating that they take one tablet each week at church time Sunday morning. We monitored the serum cobalamin (B_{12}) level, testing it every six months to check on therapeutic efficacy and patient compliance. There was no doubt that this oral therapy is as effective as the intramuscular. The tablets, however, were an investigational drug. Their sale was never authorized by the Food and Drug Administration, and the manufacturers, finally discouraged, stopped providing them. This put an end to oral therapy of PA, much to the regret of all hematologists and patients who had used the tablets.

Recommendations to the FDA elicited no reaction, not even a response. In the intervening 20 years, I had treated all my patients with intramuscular injection; until now, no one had ever refused. Now, my 70-pound, century-old lady put me on the spot. She understood perfectly the consequences if the therapy lapsed, but she was defiant.

Then it dawned on me.

With the patient's consent, I prescribed that one milliliter of the liquid cyanocobalamin marketed for intramuscular use be injected, not into her muscle, but into her fruit juice, twice a week. This was done. Today, three years later, she remains in remission. Her hemoglobin value is normal (for her) at 11 g/dl. Platelets and leukocytes are normal. The level of B_{12} in her serum is 440 pg/ml [pg = picogram, one trillionth of a gram]; serum folate, 9.3 ng/ml [ng = nanogram, one billionth of a gram]; serum iron, 50 µg [µg = microgram]; and iron-binding capacity, 250 µg/dl. The saturation index, therefore, is 20 percent, a normal value. She does, however, receive a weekly one-milligram tablet of folic acid and a supplemental 25 mg of iron each day. She is healthy, alert, active, and cantankerous. She sends me a valentine four times a year.

Cost Effective and Painless

Conclusion: skinny old women (and fat old men, for that matter) need not have intramuscular injections for the treatment of pernicious anemia. Furthermore, the cost of the liquid vitamin, self-administered twice weekly, is about four dollars per month, which is less than the usual charge for an intramuscular injection.

I suppose I could be had up by the FDA for using a drug in an unauthorized manner. It would be better all around, especially for the patients and for cost containment of medical care, if the FDA would authorize the marketing of B_{12} for the oral therapy of pernicious anemia. ▲

Reprinted from Archives of Internal Medicine, *December 1980, vol. 140, p. 1582.*

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B12 SPECIAL REPORT

"The human being doesn't exist who needs B_{12} by needle. Pernicious anemia is a preventable disease, but regulatory law does not allow for its safe prevention. The RDA is wrong . . . it is confused, misguided, and wrong."
—Christian Jansen, M.D.

THE POST INVESTIGATES B_{12} DEFICIENCY

It was a triumph in medicine when researchers discovered that the once fatal disease, pernicious anemia, could be cured with B_{12}. Dr. Christian Jansen believes pernicious anemia should be prevented with oral B_{12}, and the Post *interviewed hematologists who treat their patients with oral, instead of injected, B_{12}.*

By Cory SerVaas, M.D.

The word *pernicious* means "ruinous, injurious, hurtful." It also can mean "deadly," as in "a *pernicious* disease." Medical dictionaries define *pernicious anemia* as "a severe anemia caused by the failure of the gastric mucosa to secrete the intrinsic factor necessary for the absorption of vitamin B_{12}."

This definition is no longer exactly correct, say Drs. Christian Jansen, William Crosby, and Frank Lederle. Dr. Crosby, who authored the preceding article (see page 46) about a woman with pernicious anemia (PA), is a renowned hematologist who, because of his own experience, has changed his method of treating the disease from the traditional needle injection to oral tablets.

Dr. Christian Jansen has been trying for more than 33 years to convince the FDA, as well as colleagues who edit medical journals, that oral B_{12} is the preferred way to treat PA patients. He insists that we should prevent pernicious anemia from developing at all.

Dr. Jansen has devoted his career to convincing the FDA, medical textbook authors, and all who will listen that we should stop calling this affliction "pernicious" because it can be not only cured but prevented! Dr. Jansen is tenacious in his conviction.

"Pernicious anemia is a preventable disease, but regulatory law does not allow for its safe prevention," he insists. "The bottom line is that the RDA (recommended dietary allowance) is wrong . . . it is confused, misguided, and wrong."

When Dr. Jansen gets wound up, his rage is apparent. He is so intense, you wonder if this is how Dr. Ignaz Semmelweis must have felt when he couldn't convince his colleagues during the mid-1800s that not washing hands between deliveries caused childbed fever deaths. Unfortunately, Dr. Semmelweis suffered a breakdown and died before his views became accepted.

Burning feet and an imbalance that worsens in the dark are early symptoms of B_{12} deficiency. Cases have been found in strict vegans and in patients who have sprue, Crohn's disease, or who have had a bowel resection or gastrectomy.

Dr. Jansen wants to change the FDA policy on B_{12} in his lifetime. "I ask only for acceptance of an obvious, cost-effective means of preventing a debilitating disease," he pleads.

Because pernicious anemia runs in families and is more common among people of northern European descent, Dr. Jansen may be a prime candidate: his mother received B_{12} shots, possibly for PA-type symptoms. Nevertheless, Dr. Jansen is supremely confident he will never have PA because he faithfully takes B_{12} tablets.

Sneak Attack on the Unwary

Pernicious anemia symptoms sneak up at a time in life when the unwary might blame their problems on aging. Fatigue and ringing in the ears can happen to anyone for a variety of reasons. Dizziness or shortness of breath also may be passed off as something one accepts upon entering the grandparenting age.

The ubiquitous symptoms of memory loss and irritability are also often not taken seriously. When you can't remember friends' names at your 50th high school reunion, you're usually not alone. Besides, doesn't everyone expect old folk to become grumpy?

As this relatively rare disease progresses, however, there is a degeneration of the spinal cord, resulting in a loss of vibration sense in the feet.

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Visual defects and retinal hemorrhages may occur in untreated cases of pernicious anemia.

Heart symptoms and psychotic manifestations are corrected after supplementation with B_{12}, but injury to the spinal cord is not reversible.

When an Executive Develops Pernicious Anemia

The *Post* had its own experience with PA when one of our outside printers unknowingly developed the disease. The general manager of a printing plant (we'll call him Jim) became so paranoid that he installed one-way mirrors to observe his men surreptitiously while they worked. Jim no longer trusted his employees or customers. He was irritable and couldn't concentrate on print bids. Once an energetic, optimistic manager, Jim began complaining of fatigue, and his general apathy led to lost accounts and missed publication deadlines.

After years as an exemplary executive, he was retired at age 62 because of his inability to perform. Before shortening his own career, Jim altered the career plans of many others who worked for him. He caused some publications to miss their on-sale dates. Even worse, subscribers might find a section of their magazine bound upside down.

Jim developed a limp, a neurological problem that usually occurs in the later stages of PA, and only then did he have the good fortune to see a physician who suspected something other than a case of early onset "senility."

We were saddened when we subsequently learned that Jim had been belatedly diagnosed with PA. We were especially sad to learn that irreversible injury to his spinal cord left him with a permanent limp. The small town where Jim worked may not have been able to afford a clinic with a hematologist, internist, or family practitioner who could have diagnosed Jim's problem earlier—or perhaps Jim was too busy to make an appointment.

Pernicious anemia occurs insidiously; it takes several years for the B_{12} blood levels to decline so that the bone marrow begins producing abnormally large, immature red cells that contain no hemoglobin. PA patients can have a hemoglobin count as low as 5 or 6 grams per 100 ml. (The normal values for males are 13-18; for females, 12-16.)

An Indiana University neurology professor told us of a case in Illinois in which a patient had been hospitalized for several years in a state hospital with psychoses solely caused by lack of sufficient B_{12} to prevent his severe pernicious anemia. The patient was restored to good mental health with B_{12} supplements and resumed his interrupted career as a schoolteacher. Because of irreversible neurological damage, however, he was confined to a wheelchair.

We can only conjecture how many senior citizens might be suffering from the insidious onset of what could become full-blown pernicious anemia if not treated with B_{12} early.

From Pounds to Micrograms

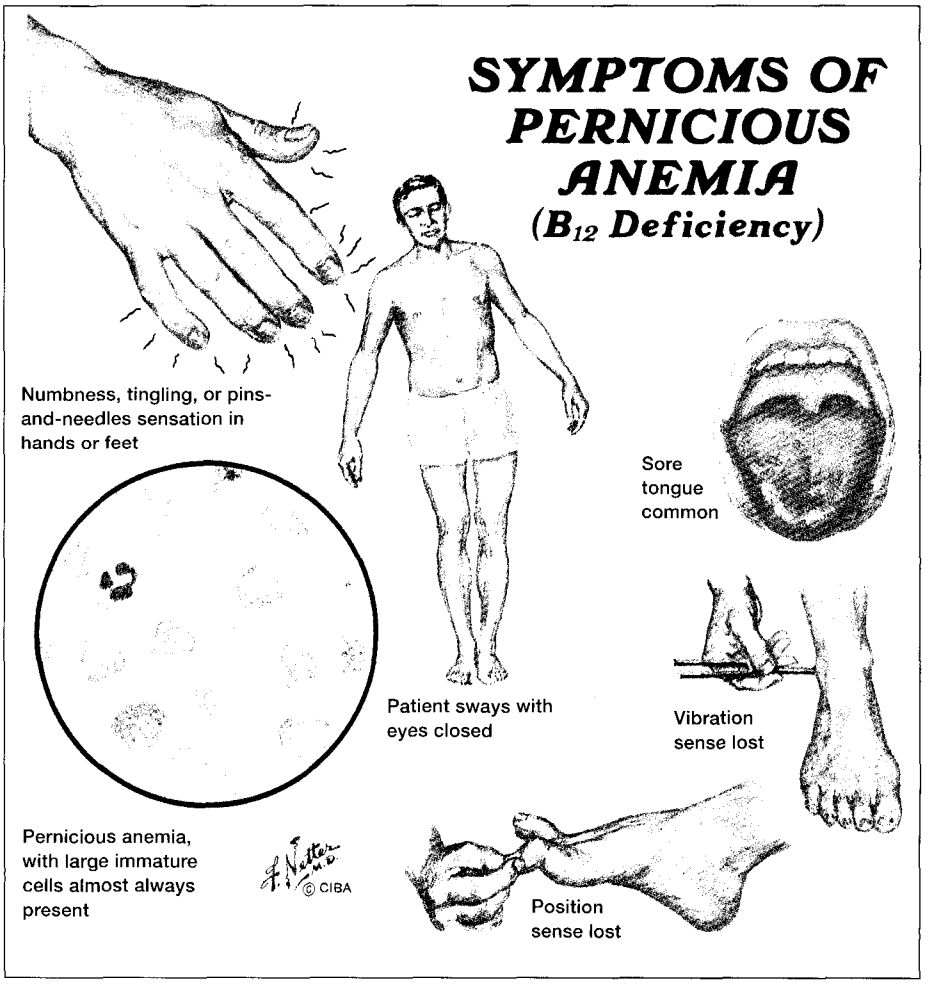
We have come a long way since 1926, when Drs. George Minot and William Murphy discovered that feeding patients enormous amounts of liver could reverse PA symptoms and prevent death.

During our interview with Dr. Jansen, his frustration surfaced when he spoke of his many efforts to persuade the FDA to permit claims for oral B_{12} to prevent pernicious anemia. "Only then will physicians begin using it," he said.

Dr. SerVaas: Dr. Jansen, you have worked tirelessly in the area of vitamin B_{12} and folic acid. Could you tell us how these vitamins are unique?

Dr. Jansen: Well, B_{12} and folic acid are two vitamins that are the monopoly of the medical profession, reserved for prescription use after the fact of sickness. These are, if you will, nondrug, essential-to-life nutrients that are interrelated.

Dr. SerVaas: Folic acid or folate deficiency is what our readers have been hearing about because of neural tube birth defects—babies born with no brain or an open neural tube. Folic acid supplements can prevent many of these birth defects. And vitamin B_{12} prevents PA, but you should never take one without the other. Tell us about these B vitamin twins.


SYMPTOMS OF PERNICIOUS ANEMIA
(B12 Deficiency)
Numbness, tingling, or pins-and-needles sensation in hands or feet
Sore tongue common
Patient sways with eyes closed
Vibration sense lost
Pernicious anemia, with large immature cells almost always present
© CIBA
Position sense lost

Early insidious manifestations are subtle: fatigue, irritability and mild depression. Diarrhea and hyperactive bladder may occur. If untreated, bowel and bladder incontinence may occur. Delirium and paranoia are common cerebral manifestations.

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Dr. Jansen: These two vitamins came on the scene in 1945. Vitamin B_{12} was the first of the interrelated hematinic (meaning "blood-building") vitamins to be discovered. If you go back further in history, you will find this term of "pernicious anemia" was coined by Dr. Thomas Addison, who worked at a London hospital 150 years ago. Addison called it "pernicious anemia" because all the patients who had it died. It remained that way until the 1920s. In 1923, another researcher named Dr. George Whipple studied anemic dogs by giving them different diets to see if they could regenerate blood. When he gave them cereal, they didn't do too well. When he gave them meat, they did better, and when he gave them liver, they did superbly well. Then Minot and Murphy took Whipple's data and applied it to so-called "pernicious anemia."

Dr. SerVaas: So liver was the answer to pernicious anemia. But how much would one have to eat?

Dr. Jansen: An awful lot, and if you don't like liver, you can't help yourself. [*Editor's note: It takes about 2½ to 3 pounds of beef liver to provide one milligram of B_{12}.*]

Dr. SerVaas: But we shouldn't call it "pernicious" anymore, should we?

Dr. Jansen: No. It is better simply to refer to it as vitamin B_{12} deficiency. It is no longer pernicious, because it is treatable and preventable, and it involves more than anemia. It also involves neurological complications. In certain circumstances, it causes paranoia. Getting an adequate amount of vitamin B_{12} can make the difference between living in good health and possibly dying.

Dr. SerVaas: What are the symptoms that make a doctor suspect pernicious anemia?

Dr. Jansen: Well, the cardinal symptom of anemia is weakness. But weakness is so common that it can lead in many directions.

Dr. SerVaas: So a doctor is not apt to do a B_{12} serum level check because of fatigue or weakness, and he's not going to uncover a B_{12} deficiency if one is present?

Dr. Jansen: That's correct. The problem is that the recommended dietary allowance (RDA) is wrong. I've been saying this for years. [*By now, Dr. Jansen is raising his voice.*]

Dr. SerVaas: You wrote about this in the *Annals of Internal Medicine* way back in 1963, in an article entitled "Oral Vitamin B_{12} without Intrinsic Factor in the Treatment of Pernicious Anemia."

Dr. Jansen: Exactly. Intrinsic factor is the substance in the stomach that helps the body to absorb B_{12}, but sufficient B_{12} can be absorbed in the terminal ileum of the small intestine, if you give enough of it. By enough, we mean only one milligram per day. Studies show that the body can absorb enough from that small amount to overcome the absence of intrinsic factor and prevent deficiency. But the RDA for B_{12} is two micrograms (a microgram is one thousandth of a milligram), certainly not enough to prevent "pernicious" anemia in patients lacking intrinsic factor. Now, the FDA says that to make sure a patient gets enough B_{12}, you have to inject it. But an oral dosage is sufficient. If you give enough B_{12}, you can even absorb it in the nasal mucosa, but nobody has gotten to the point of trying to deliver vitamins by inhaling them.

"I don't know why they think they have to give it into the muscle. You could give it anywhere and get it to go where it's supposed to go."

—William Crosby, M.D.

Dr. SerVaas: But it would be better than using a needle.

Dr. Jansen: I was always taught in medical school that you never give by needle what can be equally well given by mouth.

Dr. SerVaas: Why, then, is B_{12} still given by injection?

Dr. Jansen: It's simply habit, tradition, and ignorance.

We showed Dr. Jansen the December 1993 *Consumer Reports* with the statement: "If you have pernicious anemia, you need to take vitamin B_{12} by injection; your lack of intrinsic factor would make it impossible for you to absorb the vitamin if you took it by mouth."

We knew it would set him off: "They don't know what they are talking about. But neither does the FDA. This is nonsense, and regulatory law endorses this. The human being doesn't exist that needs B_{12} by needle.

"You can even deliver it by a nasal spray. You can find it as an over-the-counter dietary supplement in the *PDR* (Physicians Desk Reference)." He pulled my *PDR* off the shelf and sure enough, on page 620, was a listing for a nasal gel called Ener-B (400 µg per dose).

"I WAS A PILL MAN OVERNIGHT"

We were fascinated with the case for oral B_{12} instead of injected B_{12}. Dr. Crosby's story (page 46) peaked our curiosity, so we called him for an interview. We found a delightful, "young" 79-year-old practicing hematologist working after hours at his office.

Dr. SerVaas: Is it true that most doctors are still administering B_{12} by needle?

Dr. Crosby: Oh, sure, they are injecting it, but I'm not. When I found out about the pills, I was a pill man overnight.

Dr. SerVaas: How many pernicious anemia patients are you treating?

Dr. Crosby: At the present time, I maybe have five patients with pernicious anemia.

Dr. SerVaas: And you give them all B_{12} pills?

Dr. Crosby: Yes. I see them once a year and at that time, I take their blood and send it to the laboratory to make sure their B_{12} level is adequate, and if it is, it indicates that my patients are taking the pills as told. The test just measures quantitatively the concentration of B_{12}.

Dr. SerVaas: You know the FDA is now advocating folate supplements for all women of childbearing potential.

Dr. Crosby: Certainly.

Dr. SerVaas: It should be done, but everyone is afraid these supplements might mask pernicious anemia symptoms, and until recently, the FDA wouldn't permit claims for folate, either.

Dr. Crosby: No, that is a different age group. That is young women in their 20s and 30s having babies. The ones who are getting pernicious anemia are 60 and 70.

Dr. SerVaas: If we are going to give everybody of childbearing age a folate pill every day, would it hurt to include 500 µg (micrograms) or even a milligram of B_{12} to prevent pernicious anemia where it might be masked?

Dr. Crosby: Five hundred micrograms would prevent it, but women of childbearing age are not at risk for pernicious anemia.

Dr. SerVaas: Is there a borderline

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pernicious anemia?

Dr. Crosby: There is borderline B_{12} deficiency, but it occurs in older people.

Dr. SerVaas: Never in 50-year-olds?

Dr. Crosby: Usually not. It does occur in 50-year-olds, but you do not see it in 40-year-olds.

Dr. SerVaas: So if the government is going to say women of childbearing potential should take folate, you don't see any point in having this precaution of putting B_{12} with it to prevent masking pernicious anemia, because they don't have pernicious anemia at childbearing age?

Dr. Crosby: That is right.

Dr. SerVaas: Could you tell me why the National Academy of Sciences in 1989 cut in half the RDA for folate? And now it's been recommended that folate be added to food. For example, we should be fortifying flour with folate, now that we're recommending that every woman of childbearing potential be supplemented with 400 µg.

Don't the small RDAs for folate and B_{12} seem strange to you?

Dr. Crosby: A lot of things the FDA does seem strange to me.

Dr. SerVaas: Have you ever tried to get the FDA to see the light?

Dr. Crosby: Yes. I talked many times with the FDA. Once I won.

"Oral B_{12} makes it easier to supplement. You don't necessarily want to start a lifetime of injections for something you're not sure is a disease, but taking a pill is not such a big deal."

—FRANK LEDERLE, M.D.

Dr. SerVaas: How did you win?

Dr. Crosby: Oh, that is a long story.

Dr. SerVaas: You won on B_{12}?

Dr. Crosby: No, it was on iron.

Dr. SerVaas: Iron to fortify something?

Dr. Crosby: Yes, they wanted to increase the amount of iron in flour. They came out with something in the Federal Register warning: this is what we are going to do. You have 60 days to write in.

It went on for several years. It even went to trial. I wrote editorials. I was living in California, and I was called to Washington to serve as a witness in the trial. It was quite a thing. Then the new commissioner came in and read the stuff that had been written against it, and he quashed what the other commissioner had done.

Dr. SerVaas: Have you had any other little old ladies or men who have needed injections who thank you and send you valentines?

Dr. Crosby: Oh, all of the time. My patients love me.

Dr. SerVaas: They love you because you give them tablets instead of shots?

Dr. Crosby: Because I listen to them. This is a very rare characteristic of a physician. We doctors are not good listeners.

Dr. SerVaas: We know a little old lady who is as cantankerous as the one you described. She's 94 and she will not take her medicine. She may have low B_{12}. She is paranoid and thinks nurses are stealing her 40-year-old coat. She's so paranoid that for years, she's been almost a recluse because she doesn't trust anybody with anything. Your piece reminded me of her because she's also as scrawny as can be, weighs 74 pounds.

Dr. Crosby: If she has low B_{12}, she should be given B_{12} because this way, you prevent damage. Do it the way I did with my little old ladies. Get the liquid stuff and put it in her orange juice.

Dr. SerVaas: It goes in her applesauce—1,500 µg a day. Is that too much?

Dr. Crosby: That will do it.

Dr. SerVaas: I was really pleased to find your article because I think it's high time that all those little old ladies didn't get shot in the buttocks anymore. That is where they usually inject them, isn't it?

Dr. Crosby: That's traditional. It doesn't have to be there.

Dr. SerVaas: You could shoot them in the arm, too?

Dr. Crosby: You could shoot them subcutaneously. I don't know why they think they have to give it into the muscle. You could give it anywhere and get it to go where it's supposed to go.

• • •

Dr. SerVaas: You were an army doctor at Walter Reed Hospital in the 1950s. Did you take care of President Eisenhower when he had Crohn's disease?

Dr. Crosby: Well, in a sense I took care of him. My laboratory did his blood counts, and I went down a couple of times and collected the specimen out of him—Presidential veins. I had breakfast with him.

Dr. SerVaas: He didn't keep his Crohn's a secret, did he?

Dr. Crosby: He didn't even know about it.

Dr. SerVaas: Why didn't he know?

Dr. Crosby: Well, I don't like to get into this. It was known by his physicians before he learned of it.

Dr. SerVaas: Crohn's is still kind of a closet problem for some people. Do you see many ulcerative colitis and Crohn's patients?

Dr. Crosby: Intestinal patients? No.

Dr. SerVaas: No doubt they have a hard time getting enough B_{12}, especially if part of the ileum has been removed.

Dr. Crosby: There are two areas in the intestines that are involved in B_{12} absorption. The stomach, where the intrinsic factor is excreted, and the terminal ileum, where the B_{12} intrinsic factor combination is absorbed. If you count out either of those, you're apt to get B_{12} deficiency.

Dr. SerVaas: But if you get enough B_{12}, it will be absorbed from the terminal ileum without the intrinsic factor.

Dr. Crosby: That's what the milligram pill does. That's the "biggie" that we started talking about.

Dr. SerVaas: The "biggie" is really a very tiny pill.

Dr. Crosby: Yes, but it's 500 times the FDA daily requirement.

Dr. SerVaas: Patients who have the terminal ileum cut out to improvise a Koch Pouch for their colons would need this supplemental B_{12}.

Dr. Crosby: They should certainly be examined from time to time for B_{12} deficiency.

ORAL B_{12} DOES VERY WELL

Dr. Frank A. Lederle, clinical epidemiologist at the VA Medical Center in Minneapolis, has helped to research the use of oral B_{12}. His commentary, "Oral Cobalamin (B_{12}) for Pernicious Anemia: Medicine's Best Kept Secret?" (see page 60) was published in the Journal of the American Medical Association. *We reached Dr. Lederle at his office at the University of Minnesota.*

Dr. SerVaas: Dr. Lederle, what prompted you to write about oral B_{12} in *JAMA*?

Dr. Lederle: I work in a general

continued on page 60

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BORROWING TROUBLE

Had Shakespeare only listed the items one should "neither borrow nor lend," one man's life might have been less worrisome.

by Maynard Good Stoddard

Illustrated by Don Trawin

As I emerged from another long day's lonesome hibernation in my den of dreams, my dear wife looked up from her task of clipping grocery coupons and said, "Barnyard [her pet name for me], if you ever had to go to work, what would you want to do?"

Counting to ten, and then ten more, I put the insinuation on hold and began thinking (something I rarely do after 5:00 p.m.). What *would* I do if I didn't go into my playroom every morning (but Sunday) and amuse myself with my capricious pen, my patient legal pad, my hide-and-seek games with dictionary and thesaurus, and those friendly frolics with typewriter and fax?

"I suppose you'd laugh if I said I've often thought that photographing lingerie models would be a pleasant way of making a living." She laughed.

"You can't hold a camera still when you're photographing the dog," she said, wiping the tears from her eyes.

"I could always serve as a handyman, don't forget. Kick that around in your empty stadium."

"Handyman!" I thought she would have a convulsion. "After some of the dumb stuff you have pulled?"

"Such as?" I could have bitten my tongue to the quick.

"Such as painting our garage at Whitmore Lake, for starters."

So she had begun this discourse to bring up the old Whitmore Lake garage episode for the 37th time. But as I again pointed out, this disaster came from a rented paint sprayer, not from incompetence on my part.

I know. Shakespeare tells us neither a borrower nor a renter be. (Or is it lender? Whatever.) I had learned the value of this admonition waaay back when I was young and gay (make that young and free). If it was starters my dear wife wanted, I'd give her a starter she hadn't known about: it goes back to the night I borrowed my brother Meryl's 100 percent soybean suit.

For this catastrophe I blame Henry Ford. Had he stuck to turning out his Model A's and not begun fooling around with various uses for this hog staple, the suit would not have darkened a hanger in our dark upstairs closet.

Basic black with a quarter-inch green vertical stripe, the suit could be seen coming from 50 feet away on a foggy night. This asset alone was reason enough for brother Meryl to lay out the handsome sum of $18 to remove it from the rack at the cut-rate haberdashery in downtown Flint.

I "borrowed" the suit to wear to the big Saturday night dance held weekly in Russelville. My explanation to Meryl that I had mistaken the suit for one of mine didn't hold water, because the thing actually glowed in the dark, and neither of mine did. What did hold water, unfortunately, was the suit.

No sooner had I picked up my date for this particular bash than rain began to fall in great gobs. Though I had no trouble delivering her nice and dry at the dance hall entrance, I did have trouble finding a parking place for our Model A. Thus, by the time I arrived back under shelter, the proverbial drowned rat and I had much in common. And brother Meryl's basic black soybean suit with the seductive green stripe had assumed the pungent odor that rises from beans that farmers cook in a big iron kettle out behind the barn to allow the stench to dissolve before it can penetrate the house.

As a result, no sooner had I grappled with my date for our first dance than she straight-armed me, keeping me at arm's length until we arrived at the LADIES ROOM sign, where she excused herself. When she emerged, it was only to explain that she wasn't feeling well and, by the way, she had made other arrangements for getting home.

The odor hung, close to visibility, in the old family sedan for a full month. And when I left home for college, the 100 percent soybean suit was still hanging from a nail in the woodshed.

But if my dear wife preferred the Whitmore Lake garage episode for starters, the garage it would be.

"Why didn't you paint the garage with your trusty old three-inch brush, instead of renting an unreliable sprayer?" I have often been asked. By the same person each time. To which my response has been, "Because after its last use, the bristles swore an oath never to be separated again." If she wanted to use the brush for tenderizing Swiss steak, it was all hers. But I wasn't going to slap on three gallons of paint with a brush that would have required at least a week for the bristles to be separated into singles.

Why three gallons, for Pete's sake? The blame here can be traced directly to the army surplus people. When I spot an ad for outside gray paint at two bucks per gallon, three for five, well, you know me.

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From The Home of:
Marcella Hardinger

"How a Desperate 53 Year Old Pennsylvania Housewife Finally Discovers The Secret to Safe, Gentle Arthritis Pain Relief"

Marcella Hardinger suffered from terrible arthritis pain for years. Recently she stumbled onto a "relief secret" that has given her a new lease on life. Read her amazing story and discover it for yourself.

Dear Friend,

My name is Marcella Hardinger. I'm 53 years old. 5 foot 3 inches tall. My hair is silver-white. Naturally curly. I have blue-green eyes. Dark complexion. I'm also 47 pounds too heavy.

I live on a rural route 1/4 mile north of the Mason-Dixon Line - 25 miles south of Bedford, Pennsylvania.

I went to Fort Hill High in Cumberland Maryland. I married my husband, Wilbur, in February 1961 and have lived in this house for 28 years.

I have four boys. Marty, my eldest. Scott, Ed and Steve.

I *only wish I had known years ago* what I am about to share with you in this letter. To think of the pain - *the endless torture* - I could have avoided.

Arthritis Clobbers me at Age 30

Let's go back in time. I'm 30 years old. Arthritis attacks my right foot. Then it spreads to my upper back. At first I *don't* realize it's arthritis. Why? Because a creek runs through the back of my property. The water is cold as ice. I swim in it. I think the cold water causes my pain, so I immediately stop swimming.

The result? Continuing ache.

In fact, the pain in my upper back becomes almost *unbearable*. I *cannot* even turn over in bed. Peaceful sleep? Out of the question. Completely. Then I have a *brainwave*. I think, "It must be the mattress!" So what do I do?

I Promptly Buy a New One at L. Bernstein Furniture Company.

And the outcome? *No help.*

Out of *desperation* I finally see Dr. Lapidario, an orthopedic surgeon. He takes an x-ray and diagnoses me with *osteoarthritis*. He asks if arthritis runs in my family. I tell him my father, Marshall Adams and his sister, Lorena Thompson, are both *crippled* by it.

Things go downhill fast. In 1985 Dr. Lapidario diagnoses me with *rheumatoid arthritis* in both knees, both hips and my lower back!

To make matters worse, the middle finger on my right hand and the one next to it lock in a downward curve. Dr. Lapidario calls it "trigger finger." They *won't straighten. I can't write.* Can you imagine not writing?!? The mental anguish is almost too much for me.

And... just as I think that *nothing* else can possibly go wrong...

My Arthritis Actually Rips The Cartilage in my Right Knee!

Dr. Lapidario drains the fluid with a needle and gives me a shot of cortisone. It *doesn't* help, though. He says he can operate, but the arthritis may tear my cartilage *again.*

I decline.

Now I'm alarmed. Really scared. I picture myself *crippled* - like my father and aunt. I'm desperate - don't know where to turn.

My pain is *barbaric. Brutal.* I try many strong medications in search of relief. Clinoril, Naprosyn, Indocin and Extra Strength Bufferin, to name a few. Sometimes *15 pills a day.* But over a long period they can produce undesirable side-effects. Ulcers, chest pain, internal bleeding and stomach disorders. So I stop.

Dressing in the morning requires *Herculean strength.* I *cannot* even walk the length of the mall. Standing in one spot washing the dishes is *unbearable.* I have 3 flights of stairs in my home. I *cannot* walk up a single one - *all because of the pain!*

Anyway, recently I decide to try an *all natural* homeopathic remedy called Arthritis-Ease™. I'm extremely skeptical, but because I'm *so desperate* I figure, "What can I lose?"

The conclusion? Within 5 days I notice a *real* difference. Something is *definitely working.* My pain is easing. Feet. Knees. Hips. Upper and lower back. Neck. *Everywhere. Blessed relief.*

I have less inflammation. Less bloating. Less swelling. More mobility. More agility. Do you know what this spells?

L-E-S-S P-A-I-N!

My body seems to dance with

(over, please)

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joy. And for good reason. I *couldn't* bend or scrub the floors before - from agony. Now I take a walk. Wash the dishes. Brush my teeth. Get dressed. Open a jar of canned fruit. Apply my make-up. Work in the garden. Best of all...

I stride up all 3 flights of stairs - virtually pain free!

So what's the bottom line? Arthritis-Ease™ works for me. I believe in it 100%. And most importantly...

It Can Work For You, Too!

Imagine doing things. Little things: Tying your shoe laces. Shaving. Walking. Exercising. Bending. Stretching. Writing. Knitting. Holding a cup. Mowing the lawn. Now imagine doing them *without* squirming. *Without* yelping.

VitaLife™ Products, who distributes these amazing tablets, has *not* paid me any money to write this letter.

The fact is, I'm *so* excited I did some homework on it. Turns out that homeopathic medicine is a science that has flourished in Europe for *two centuries*. It is based on the premise that humans - like animals and plants - have the ability to *self heal.*

Good health depends on a state of balance. When your equilibrium is disturbed, illness results. Samuel Hahnemann, who founded homeopathy 200 years ago, discovered that *minute* doses of substances known to produce certain symptoms can actually *combat a disease* producing the same symptoms. It's mind boggling.

It works in a quiet, special way- stimulating your *own healing process.* Many *traditional drugs* seek to suppress or eliminate symptoms, while homeopathy actually uses them to restore your health.

This "alternative medicine" brings about natural relief...

Without Side-Effects!

Arthritis-Ease™ is a *safe* and *gentle* approach to arthritis pain. *No* harsh ingredients. *No* dangerous chemicals. *No* threat to your digestive system. Simply put: It *won't* tear up your stomach lining - *or any part of your body.*

Just *safe, dependable* relief.

What will you find added to Arthritis-Ease™ ? Yeast? Corn? Wheat? Eggs? Starch? Milk? Dairy products? Preservatives? Salt? Artificial color or flavor? Sucrose sugar? Caffeine? Filler?

The answer is... *none of the above!*

Why? Because Arthritis-Ease™ is a 100% *natural* blend of the *highest quality* homeopathic ingredients in an herbal base.

Plus, it comes in tablets. Easy-to-swallow. I *strongly* suggest you start with at least two bottles, as results vary.

Arthritis-Ease™ is *not* sold in stores. You can *only* acquire it direct. From them. But do you know what I like most? Their return policy is so lop-sided in your favor...

It's Almost Laughable.

1) You get a 90-day unconditional money back guarantee. If you're not satisfied for any reason, or no reason, simply return the *empty* container for a *full refund.* Plus...
2) You'll get back every dime. *Even the shipping and handling.*
3) Return it and, in addition, they'll *pay you* $5.00 - a gift for giving it a try. You get every dime returned, *plus $5.00.*
4) Another option? Post date your check for 30 days if you like. If you do and you want a refund... they'll return your *original uncashed check to you.*
5) Send for Arthritis-Ease™ within 11 days and you'll receive a valuable *bonus* report, **"Homeopathy: The Non-Harmful Healing Alternative to Harsh Drugs,"** FREE! This awesome guide gives you helpful facts about treating ailments with safe, gentle medicine - and the *truth* about using "normal" drugs. It's a $15.00 value. But yours *free*, to keep forever no matter what, just for ordering *immediately.*

Hey, are those guys at VitaLife™ Products crazy to make such an *outrageous offer?* Nope. Here's why: They *know* you will have less swelling. Less inflammation. Less stiffness. *Less pain.* You *must* get blessed relief - guaranteed - or *they* will be left holding the short end of the stick - *not you.*

They ship their tablets promptly. And ordering is a snap. Fill out the handy coupon. Mail it with your payment. In a hurry? Have your credit card ready. Call toll-free...

1-800-749-3937 Ext. 3

(9:00 am to 5:30 pm Pacific Time, weekdays only)

I urge you to try at least two bottles, at *no* risk to you. *And I mean none whatever.* Worst case? You'll wind up $5.00 richer.

Sincerely,

Marcella Hardinger

Marcella Hardinger

P.S. Order within 11 days and you'll receive a valuable bonus report, **"Homeopathy: The Non-Harmful Healing Alternative to Harsh Drugs,"** FREE. It's yours to keep forever, no matter what.

P.P.S. I strongly recommend at least 200 tablets. Give it a chance to work for you. Your satisfaction is *guaranteed, unconditionally, for 90 days.* Your arthritis pain must ease, or you get *all* your money back. Even the shipping. *Plus a $5.00 cash gift.*

Look, if *this* desperate 53 year old Pennsylvania housewife can get safe, gentle arthritis pain relief... *you can, too. Act now.*

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I have arthritis all over my body. I'm 75 years old and walk with a cane.

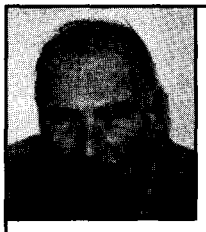
My left ankle has been operated on three times already. During those operations they took bone from my knee and hip and transferred it to my ankle. I'm told that I may have to have another operation on my knee.

Since using Arthritis-Ease™ my neck and shoulders are not as stiff and sore.

I'm going to continue to use your product.

Sincerely,

Gladys Alexander, PA



Today I'm half way through my 2nd bottle of Arthritis-Ease. My hands are much better-swelling is down, and my movement is improved. We are in the middle of a major snow storm which usually made me worse.

Bill Stark, CO

I'm 76 years old and have arthritis real bad in my right knee.

I was taking Naprosyn. It cost $30.00 for 30 pills. $1.00 each. That's outrageous, in my opinion.

Anyway, I'm writing to tell you that on the sixth day of using Arthritis-Ease™ I began to feel something happening. I could really feel a difference.

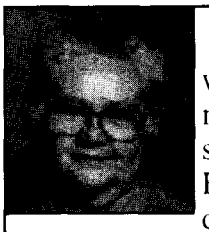
Previously I had intense pain when walking, but now I can walk quite easily, with reduced pain.

Also, when I would sit in a chair for some time my knee got stiff and it was difficult to get up. Now I can get up without much trouble, thanks to Arthritis-Ease™.

I told my friend about it and she is sending for a bottle, too. Thank you.

Sincerely,

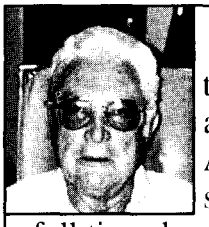
Pronetta Taylor, MI



I've had arthritis for many years, and when I would sit too long, I could hardly move. When I got up it hurt to move. The short time that I've been on Arthritis-Ease™ I have noticed a big difference. I've started walking again due to the pain relief. I do about a mile and a half, in 35 minutes. I'm glad I found Arthritis-Ease™, and I would recommend it to other sufferers.

Sincerely,

Shirley Mohrman, AZ

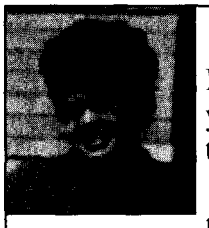


After an "episode" which sent me to the orth- opedic surgeon for x-rays and an examination, I ordered a bottle of Arthritis-Ease™ from Vitalife™. No surgery yet! I have returned to work full time, because of pain relief.

Isaac Mitchell, CA

I have used "Arthritis-Ease" for a couple of months. I have severe osteo arthritis and have had surgery to replace two hips. I'm in my sixties & with the hips replaced I do not have the mobility I had as a young woman. I do have arthritis in other parts of my body also. What I have discovered in taking Arthritis-Ease™ has been that my arthritis pain has been eased, and it also gives me a reason for getting up & a wellness feeling.

Elizabeth Billings, AZ



Thank you for sending Arthritis-Ease™. I've had arthritis in both knees for about 6 years, but since last Christmas it is worse than ever.

I've been taking Anacin and Tylenol for the pain. I don't like Aspirin. Since taking your product I have received blessed relief in my knees.

Sincerely,

Carrie West, IL

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I've been taking Arthritis-Ease™ for about 3 weeks now, and it does seem to help, but if I keep taking it, I'm sure it will help more. I've taken other brands that didn't help me as much as Arthritis-Ease™ has. For the short time I have taken it, I have experienced relief in the lower back & shoulders. I'm going to go back to bowling and some golf as I'm feeling better.

Robert DeLow, AZ

Gentlemen:

Enclosed is my check for the shipment of Arthritis-Ease™. I would appreciate a rush on this order as soon as possible because I do have several people that want to try your product.

I have been using Arthritis-Ease™ now for about 5 weeks and it is helping me very much. I practice Reflexology and serve a lot of people with arthritis and I know that I can do justice to the product.

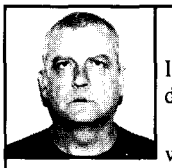
Thank you,

Everett B. Peck, ID

Since I started using Arthritis-Ease™, it's been helping me with my pains in my legs and shoulders, I do have arthritis, but now the pain isn't as bad as before I started using it. I feel a lot better now, and I will be ordering again.

You can use my name but I don't want you to use my home address, I don't want people writing to me.

Ida Malwitz, CA



My name is John Carlson. I'm 58 years of age, retired on disability.

I have a serious problem with arthritis. About 30 years ago I was diagnosed with tendonitis in one shoulder. Then it spread to the other.

I have severe rheumatoid arthritis all over my body except my lower back.

My right shoulder is frozen. I can only reach half way above my head. I'm very sensitive to the weather. Muggy days are my worst. I can feel when the weather is about to change. My friends tease me by calling me "The Weather Man."

Anyway, since using Arthritis-Ease™, my upper body feels tremendously improved. My shoulders, wrists, hands, and elbows are less inflamed and have reduced pain, compared to before. Each day that I take it I feel an improvement. Previously I was on Naprosyn, but it gave me stomach problems.

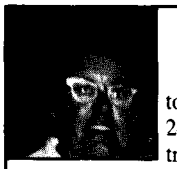
I like Arthritis-Ease™ because it has no bad side effects.

Sincerely,

John Carlson, NY

After taking one and a half bottles (about 150 capsules), I am feeling less stiffness and less pain without side effects. I'll keep taking it with confidence and hope.

Mike H. Tsai, CA



Dear Sir,

I'm writing tonight, October 24th. I've had trouble with my left and right knees for years. Then I got this letter from Marcella Hardinger and I sent for your Arthritis-Ease™. Due to reduced pain, I was able to start walking more. I am 72 years old and my doctor diagnosed me with osteoarthritis. I am now able to quit taking regular pain pills. Excuse my handwriting.

Yours Truly,

Zera Erickson

In the beginning of 1992, I started having this terrible pain on my left back between my hip and ribs. It was an excruciating pain. After going to a bone doctor, it was diagnosed as being arthritis from curvature of the spine since birth.

I am 76 years old and I could have surgery which is very risky at my age or live with pain pills and a Velcro support. In 1993 I sent for a bottle of "Arthritis-Ease™" and within a week my pain was tremendously helped without taking pain pills.

Thank you VitaLife™,

Ruth Williams, CA

(CUT HERE AND MAIL COUPON TODAY!)

– 90 DAY NO RISK TRIAL –

Send order to:

Name _____

Street _____ Apt. # _____

City, St, Zip _____

Phone (_____) _____

☐ **YES!** Please rush my order of Arthritis-Ease ™ tablets immediately. My satisfaction is guaranteed for 90 days. I must have less swelling. Less stiffness. Less inflammation. Less pain. In short... *blessed relief without side-effects* - or I'll simply return my *empty* container for a *full* refund of every penny, *including the shipping charges.* And, in addition, *you'll pay me* an extra $5.00 for my trouble.

For Credit Card Orders Only

Card # _____ Exp. date _____

Signature _____

Mail to:

VitaLife™ Products
4029 Westerly Place, Suite 102
Newport Beach, CA 92660

Credit Card Orders
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(9:00 am to 5:30 pm - Pacific Time, weekdays only)

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☐ I'm going ahead within 11 days, so please include my valuable FREE report, **"Homeopathy: The Non-Harmful Healing Alternative to Harsh Drugs"** which shows me how to heal with safe, "gentle medicine." It's a $15.00 value. Mine to keep forever, no matter what. (first-time orders only.)

I am paying by: ☐ check ☐ cash ☐ money order ☐ VISA ☐ MasterCard

☐ **One Bottle (100 tablets):**
$19.97 plus $4.00 shipping = **$23.97 total**

☐ **Two Bottles (200 tablets):**
$35.97 ($17.99/bottle) plus $4.00 shipping = **$39.97 total**

☐ **Three Bottles (300 tablets):**
$49.97 ($16.66/bottle) plus $4.00 shipping = **$53.97 total**

10 11 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43

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So I hie down to the Whitmore Lake hardware, rent this humongous paint sprayer, and fill it with light gray army surplus. Then, accompanied by Nikki, still trusting her dad by age four, and Tippie, our equally innocent cocker, I lead the way out to our target.

Holding the sprayer at eye level, no small trick in itself, I took aim from a distance of maybe four feet and pulled the trigger. Rather than the fine mist I had expected, a stream rivaling the circumference of a ballpoint pen shot out, bounced off the siding, and surplused my daughter and my dog from head to toe and head to tail, respectively. Although they both cleaned up pretty well, I still have some of that gray in my hair to this very day.

"And don't forget how you butchered our house in Indianapolis with the floor sander," dear wife busted in.

How come a woman can dredge up a minor boo-boo from that long ago and not remember how expertly I did something only last week? Like . . . well . . . let's see . . . h'm . . . .

The sander business had less to do with my lack of ability, as I keep reminding her, than with the terms of the rental agreement: half a day for half the cost of a full day. And you know me, as I may have already mentioned.

Professional sanding people will be asking, I'm sure, how I could sand the floors of three bedrooms, the dining room, and a hallway in just short of four hours. No problem, really. One secret is to use only coarse sandpaper, forget the fine. Another little trick is to go cross grain instead of with the grain. By doing so, you can really make the old wood chips fly and get the sander returned before the noon deadline.

Had dear wife not got into the act and varnished the floors, we might have remained on speaking terms for the rest of that month. Why varnish would bring out the hollows, the pits, the potholes, and various other irregularities has never been cleared up in any varnish books I have read. A know-it-all relative, who turned an ankle in one of the valleys, pointed out that I should have gone with the grain and that the sander should have been elevated at the end of each "furrow," as he nastily phrased it. But after pointing out to him that I had sanded four rooms and a hallway in less than four hours, he just sat there with his mouth open, but nothing came out. Dear wife, on the other hand, still talks about it, given the slightest opportunity.

Nor does she fail to point out that borrowing or renting isn't necessary. She says I can cause trouble enough using our own stuff, the snow blower being her favorite.

I blame the medical people for this catastrophe. I wouldn't have bought the blasted blower had I not read that men my age who shoveled snow were dropping like flies. I would like to ask the clown who came up with this longevity tidbit what's the difference between keeling over from shoveling snow and going to your reward from trying to start and operate a mulish, clattering, smoking, no-good piece of junk. But I'm getting ahead of myself.

You don't pour just plain old gasoline into a snow blower. You must carefully follow the recipe for mixing in the proper amount of oil or risk, I suppose, the embarrassment of blowing out all eight cylinders. After squeezing a Primer Bulb to send this mixture from tank to carburetor, you must remember to turn the key to ON. (Extremely important, as I would discover after try number ten on the Rewind Manual Starter, without so much as an encouraging belch.) It was my dear wife who discovered the Choke. But not until she had read in the manual that "the Control Bar must be engaged at all times" did the blower at last begin chewing up the plywood flooring of our shed.

I take you now—along with the remains of the snow blower—to place of purchase. A no-receipt-no-refund type of individual emerged from behind the counter, lifted a loose panel of the blower with the toe of his Florsheims, and coolly asked, "You been throwing stones at this poor thing?"

"We have a stone driveway," I explained.

"Our snow blowers are made to operate on concrete," he frostily informed me.

"Our only concrete is in the root cellar," I icily pointed out. "And we don't get much snow down there."

Why I left the wreckage to be repaired (at $135) has never been cleared up satisfactorily to you-know-who. Her main beef comes from my not having used the snow blower since.

On our way home from place of purchase, we spotted a car with a flat tire, and the driver just stood there staring at it. Whether he was swearing or praying for help, I couldn't detect. But big-hearted old me had to stop to find out.

He needed a jack. And I had a jack, a brand-new $40 Wal-Mart hydraulic jack, never used. I would be glad to see him use it so I could pass the knowledge along to dear wife, as I am often too exhausted from driving under her tutelage to take on any extracurricular activities.

It so happened that I had no more than returned to our car to pass along the knowledge than the man took off, jack and all.

And I didn't have a spare 40 bucks at that time to buy a new one.

I thought of borrowing a jack, of course . . . but only briefly.

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The last day of school means that the first day of summer vacation is here. This happy guy's celebration is literally a time to kick up his heels over his good fortune.

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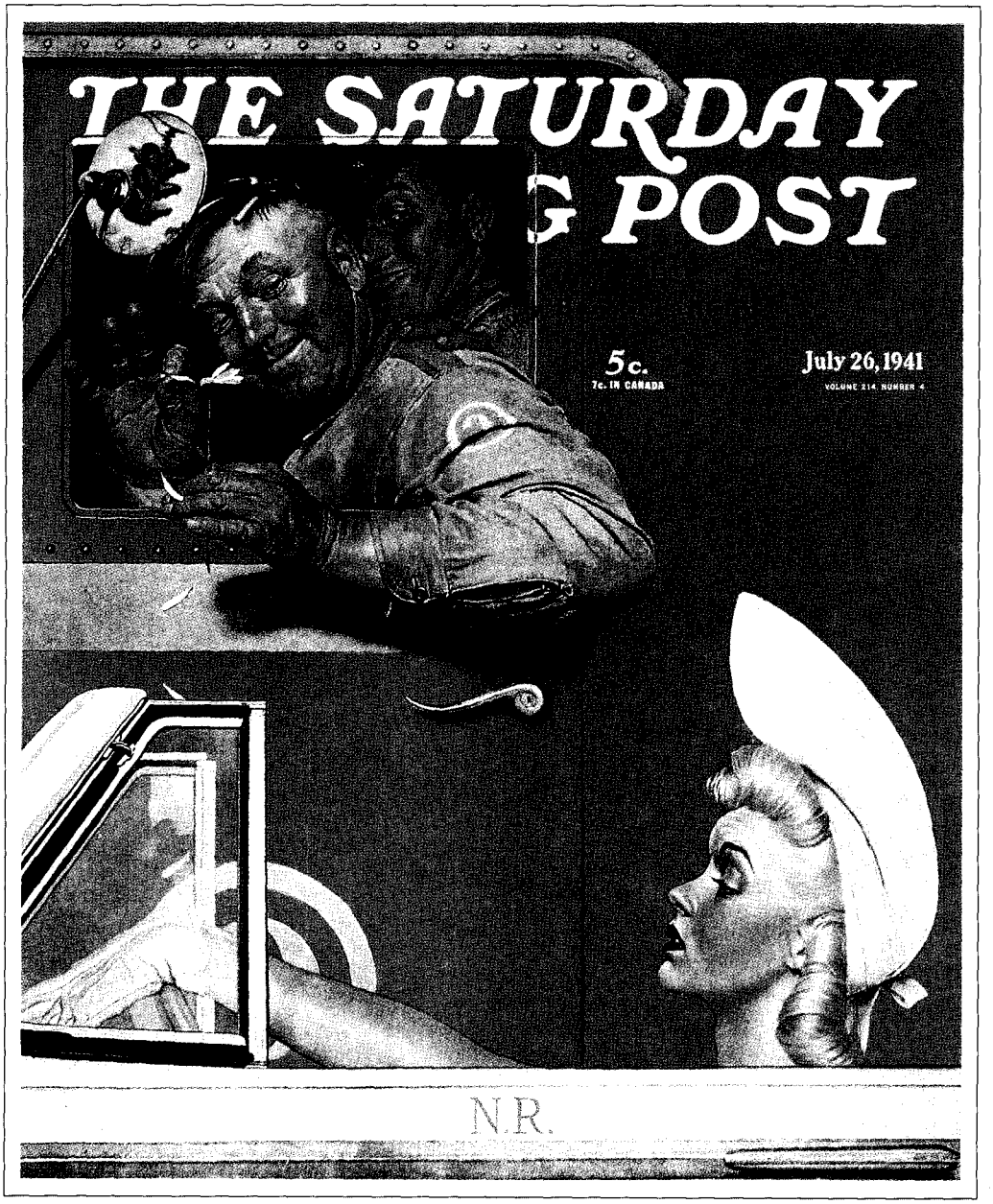
THE AMERICAN ILLUSTRATORS HALL OF FAME

THE GOOD OL' SUMMERTIME

As the winter of our discontent turns into joyous summer, Norman Rockwell portrays the pleasures this warm-weather season brings: boys at the swim'n hole, kids out of school, the family vacation, and love in full flower. Although clothing and hairstyles may change, situations never do. In fact, that's the perennial secret of summer's spell and of Rockwell's enduring popularity.



She loves him, she loves him not. Though the answer looks to be "not," it matters little, because flirting is the name of the game. When the light turns green, they will both drive away winners.

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Ice cream won't last long on a 90° day at the beach.
With that in mind, this fellow knows if he doesn't locate his date soon,
he'll have to eat both cones or risk losing his entire investment.

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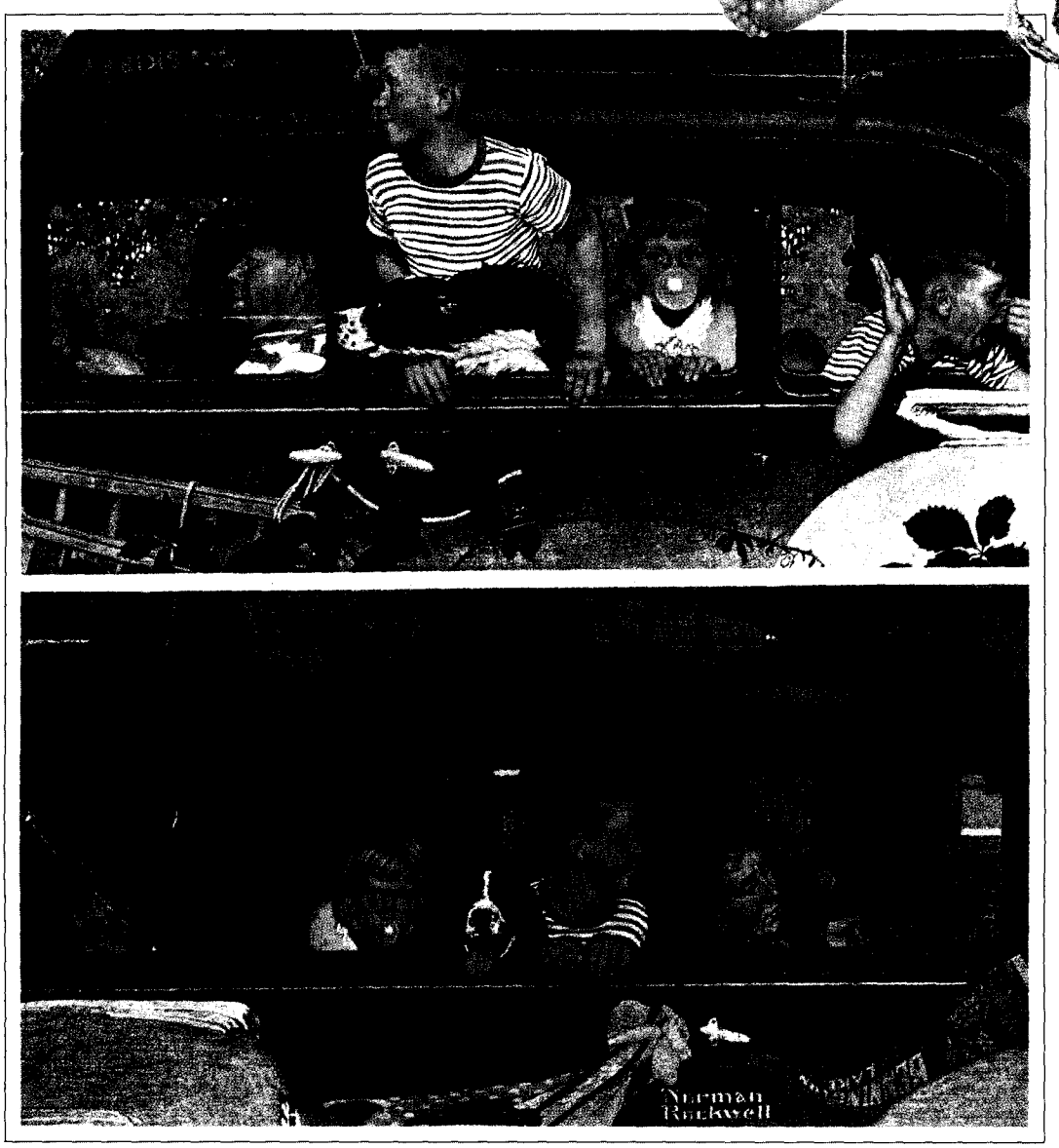
School daze, school daze—now left behind in a trail of textbooks. This born-again boy looks forward to a summer of fun, fishing, and lying in the sun.



Here's one nearly all of us know well from experience: the family vacation. Rockwell captures the eager anticipation of the departure, as well as the inevitable return home.

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If one rule was meant to be broken, it has to be the "no swimming" rule on sweltering summer days. With these boys, however, get ready to enforce the rule on a moment's notice.

So close to victory, yet so far away. That's the beauty of croquet: it's fun and far from predictable. Judging from the forlorn look on the gentleman's face, the lady must have a reputation as an excellent "sender."

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One person's spring cleaning becomes another's yard-sale treasures. Judging from this lady's smug expression, she must have discovered a load of satisfying bargains. After all, it isn't every day one can gobble up treasures such as bedwarmers, broken lamps, and pictures of people you don't even know at such reasonable prices.

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MEDICINE'S BEST-KEPT SECRET?

"It is time to let the secret out."
B_{12} isn't given by mouth, but it should be.

by Frank Lederle, M.D.

The treatment of pernicious anemia with cobalamin (B_{12}) is one of medicine's great success stories. However, the usual practice of giving the drug as an intramuscular injection has several drawbacks. Injections can be painful, difficult to provide for some patients who are elderly or living alone, and costly if given by health professionals. It is therefore not surprising that the search for an oral preparation began soon after cobalamin was isolated and introduced for parenteral use in 1948. Preparations containing oral intrinsic factor were tried, but antibody production caused some patients to become refractory and relapse. Other studies revealed that a small but constant proportion of an oral dose of cyanocobalamin was absorbed without intrinsic factor, so that by sufficiently increasing the dose, adequate absorption could be attained.

Promising results from early studies of oral cyanocobalamin therapy led to the use of increasingly larger doses, and several groups reported complete success with doses of 300 to 1,000 µg (micrograms) daily. The largest study described 64 Swedish patients with pernicious anemia and other cobalamin deficiency states who were treated with 1,000 µg of oral cyanocobalamin daily, with 61 of these patients treated for more than three years. Clinical and hematologic remissions, normalization of serum levels, and full replenishment of hepatic stores were observed in all patients.

Oral therapy is currently used by 40 percent of patients requiring cobalamin replacement in Sweden (R. Berlin, M.D., written communication, November 1989), where it "has proved to be a completely safe alternative to B_{12} injections." In the United States, oral therapy ceased to be available in the late 1950s, "much to the regret of all hematologists and patients who had used the tablets." Oral therapy became available again in this country in the early 1970s, but it is rarely prescribed. In a survey of 245 Minneapolis (Minnesota) internists, none had used oral cobalamin to treat pernicious anemia, and only one percent had used it to treat dietary cobalamin deficiency.

Why is oral cobalamin so rarely used in the United States? With a few exceptions, the practice has not been encouraged in the recent literature. Medical texts have argued against the use of oral cobalamin therapy because of concerns regarding "unpredictable" absorption, patient compliance, and cost. However, the texts also note that oral cobalamin therapy is effective and can be useful when injections are problematic. The concerns raised by the texts differ importantly from the reasons given by practitioners for not using oral therapy. In the survey of Minneapolis internists, 91 percent believed that a sufficient amount of cobalamin could not be absorbed without intrinsic factor, and 94 percent were not aware of an available effective oral cobalamin therapy. Few cited cost, compliance, or patient preference as reasons for using parenteral therapy, and most would welcome the option of oral therapy. Eighty-eight percent stated that an effective oral cobalamin therapy would be useful in their practice and further stated that it would be their treatment of choice for the majority of their patients with cobalamin deficiency.

The texts, despite their concerns, advocate a larger role for oral cobalamin therapy than that employed by the surveyed internists. How valid are the concerns expressed by the texts? The concerns regarding unpredictable absorption grew out of the occasional low serum cobalamin levels reported in early studies using 100 to 250 µg of oral cyanocobalamin daily. These reports led the U.S. Pharmacopeia Anti-Anemia Preparations Advisory Board to caution against oral therapy for pernicious anemia as being "at best, unpredictably effective." The observed responses to these doses can now be considered predictable in light of more recent absorption data. The mean absorption rate of

continued on page 69

medicine clinic, so a number of topics that have clinical importance come to my attention. In this case, I had a patient who lived far away and could not get in for his injections. His wife was blind, I think, and I was having a terrible time getting the B_{12} to them. I had read Dr. Crosby's article in the *Archives* some years before, and he had made a few references to the fact that oral B_{12} could be used. His references didn't completely convince me, so I researched it more thoroughly. I became aware of the Swedish studies and then looked into the history of how we got to where we were. Then I started using oral B_{12}, and it was working well, so I wrote about it.

Dr. SerVaas: Do you think the FDA will be coming out and saying that it's OK to make claims for oral B_{12}?

Dr. Lederle: I haven't kept up with the FDA on this, although in an accompanying editorial, they voiced some cautions, but I don't believe they actually disagreed with any points made in the article. My position is, if you're going to give B_{12}, why not offer the patient the option?

Dr. SerVaas: I'd be curious to know how many pernicious anemia patients you've seen in your career.

Dr. Lederle: I probably have eight or ten of my own patients with low B_{12} levels, and I indirectly supervise more like 100. We put a lot of people on oral B_{12}; we offer it to most of the patients, and I have not heard from anybody nationally saying this didn't work.

Dr. SerVaas: Do you commonly test for B_{12} deficiency?

Dr. Lederle: We usually discover it in one of two ways: either on a routine blood count in which we detect an increased red blood cell size (this could indicate either liver disease or a megaloblastic change seen in B_{12} or folate deficiency). The other way is from certain patient complaints, such as peripheral neuropathy [a numbness caused by nerve damage] that makes us worry about B_{12} deficiency. Also, B_{12} tests are often done to evaluate dementia, so one way or another, you get the low B_{12} levels and the patient gets on replacement B_{12}. In that case, if they come to me, I'll say, "If you don't want to take the shot anymore, you can take a pill instead."

Dr. SerVaas: Mental changes are a symptom of B_{12} deficiency, aren't they?

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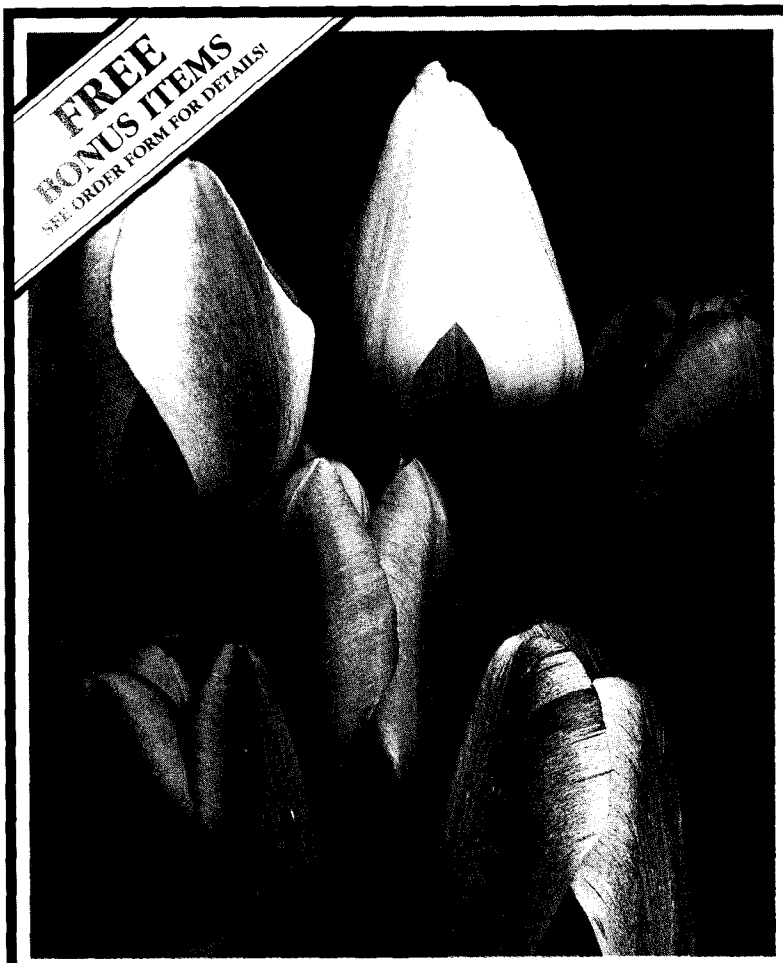

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Tulips are so popular, of course, because they bloom year after year without replanting. Given proper soil, care and with normal growing conditions, these bulbs will develop into larger size bulbs after the first year's planting. We guarantee it. In fact, we guarantee many blooms next spring, normal bloom the second season or replacement is free (no time limit). Easy planting instructions are included.

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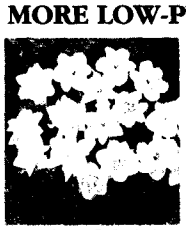

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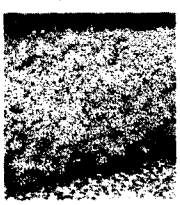

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Covers the ground with dense green foliage and brilliant mixed-color blooms that return every year. Year-old plants.
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(Print Name)

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	06601	Daffodils (10/$2.99 - 20/$5.78)	
	09373	Crocus (15/$2.99 - 30/$5.78)	
	02717	Creeping Phlox (12/$4.99 - 24/$7.98 - 48/$16.96)	
	05033	Lilies for Naturalizing (10/$7.99 - 20/$13.98)	
	08425	Riot of Color (1/$9.99 - 2/$16.98)	
	02832	50 Piece Perennial Garden (1/$12.95 - 2/$22.90)	
6	FREE	Grape Hyacinths if order received by Aug. 1.	0.00
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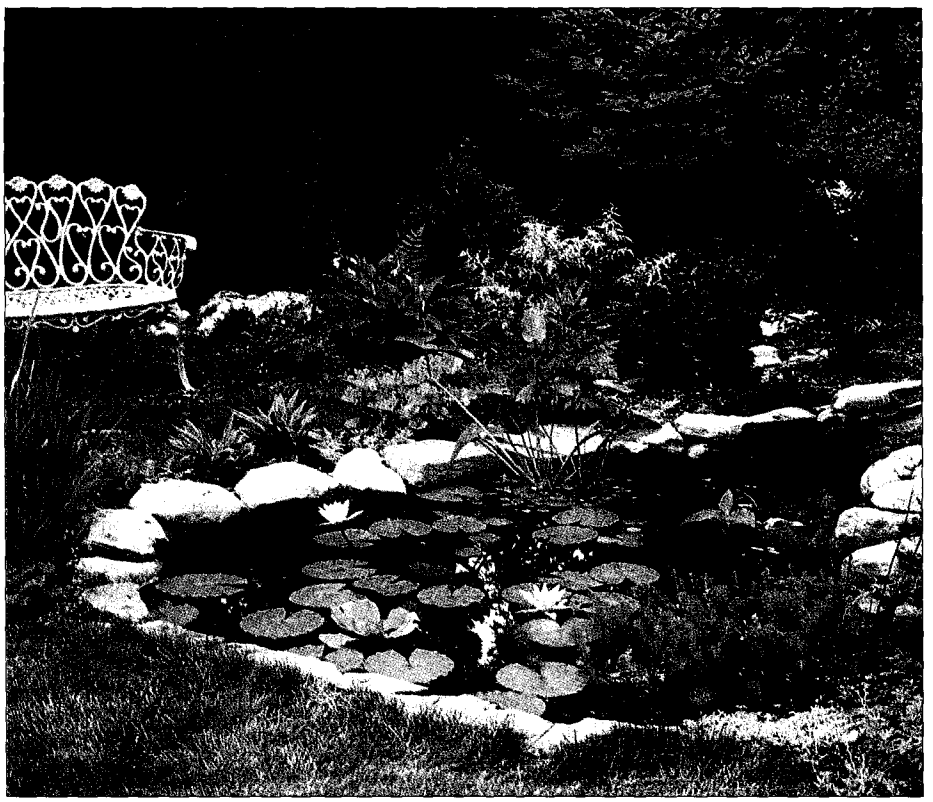

Installing a PVC-lined pool is a do-it-yourself project. Two people installed this pool during one weekend. Aquatic plants include "Comanche" hardy water lily, parrot's feather, shellflower, pickerel rush, Lizard's tail, and white snowflake.

A PLACE FOR REFLECTION

Easy to design and inexpensive to install, a garden pool can enhance the beauty and mystique of any yard.

Complete with fountain or waterfall, a garden pool heightens the allure of any garden setting, adding shimmering reflections and flashes of light, glistening movements, and sounds of nature. Whether moving or still, water is always a focal point in the garden. Here, you can derive hours of pleasure while contemplating the reflections of blooming water lilies or listening to the splash of a nearby fountain. In a backyard or garden of any size, well-designed water features can turn an ordinary yard into an attractive place to relax and enjoy the outdoors.

It's not difficult to incorporate a water feature in your garden landscape—you can do it yourself or have one designed by a landscape architect or designer and installed by a landscape contractor. Considering how much a pool or fountain adds to your outdoor environment, the cost is relatively low, especially if you do your own installation. Most of the construction materials are available at large garden centers, aquatic nurseries, and hardware stores. A number of specialty mail-order supply houses provide plants, fish, fertilizer, and other supplies for the water gardener.

There are two basic styles of pool designs: formal and informal. A formal pool has a symmetrical or geometric shape, such as a circle, square, rectangle, or oval. It looks man-made—but just as lovely—because such uniform shapes often aren't found in nature. An informal pool is shaped irregularly, mimicking nature's own designs. The most formal kind of pool is one raised and surrounded with brick or stone walls. If mortar or cement is required, the installation of a raised pool can be a major undertaking that will probably require a builder or landscape contractor. A sunken pool also may have a formal appearance if it is symmetrical and surrounded by a border of paving, walkways, and orderly plantings.

Considering how much a pool or fountain adds to your outdoor environment, the cost is relatively low, especially if you do your own installation.

As a rule, gardeners should choose one style or the other but not try to combine both. A formal pool is ideal for a patio, deck, or terrace with clean symmetrical lines; it looks appropriate in front of a garden wall. Informal pools are better for natural-looking planted landscapes and for lawns with wooded backdrops.

When deciding where to place your pool and what size it should be, it helps to visualize the finished pool. Visually, the ideal place for a pool is close enough to the house so that you can view the water and wildlife from a window. A clear vista of the garden pool from the living room, dining room, or kitchen allows you to enjoy the seasonal changes of trees, flowers, and sky reflected on the surface of the pond even when you haven't time to sit outdoors. And if hot, cold, or rainy weather keeps you inside, the pool can be viewed from indoors.

Map out the pool with a garden hose or rope, changing its situation, size, or shape until you are pleased with the effect. Stand back or even look out from a nearby window to get an idea of what the finished pool will look like. When you've made a decision, observe how much sunlight the area gets every day. (Most water

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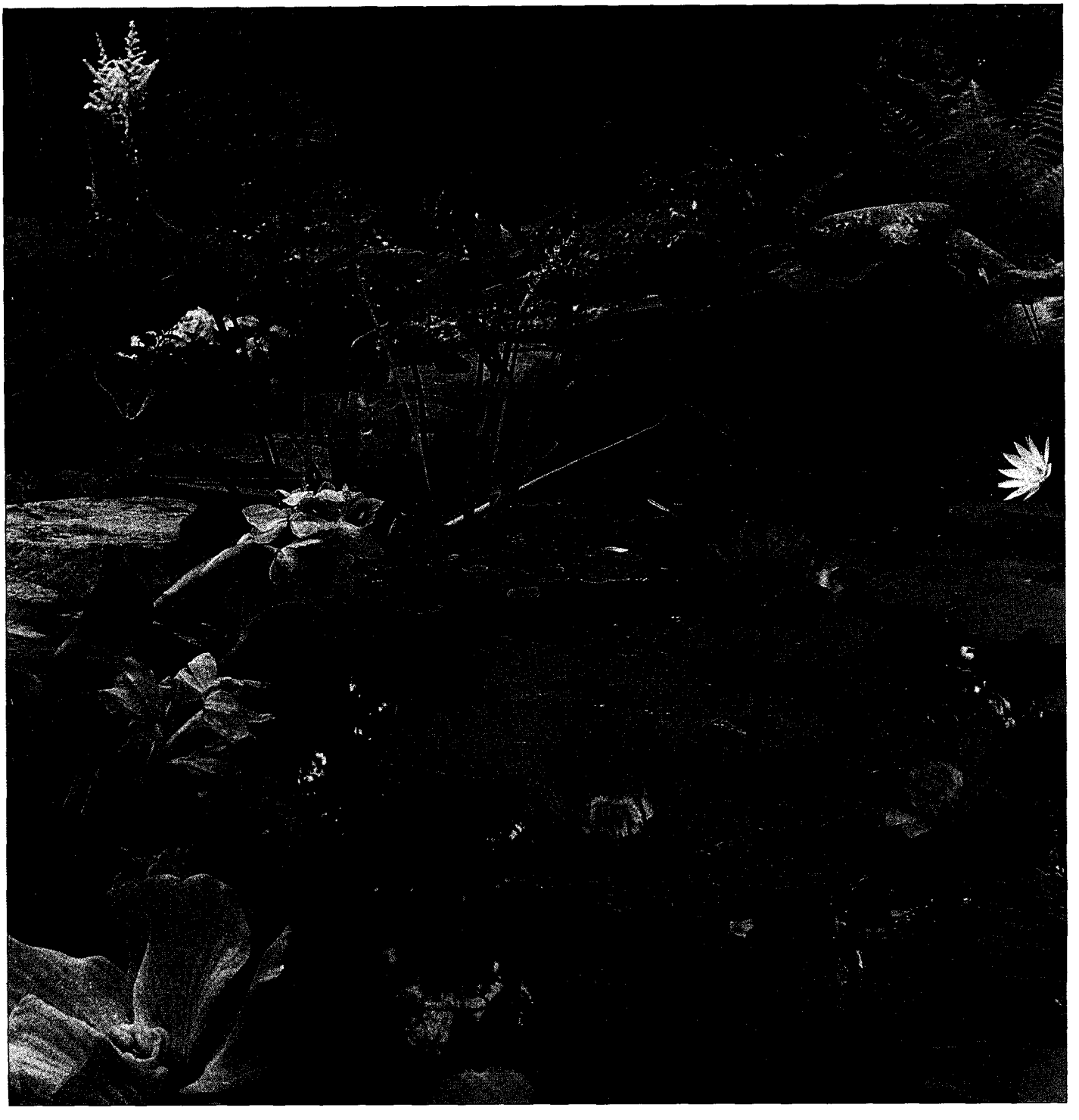
lilies need a minimum of six hours of daily sunlight.) Then draw a plan, to scale, on graph paper. This preparation is especially important for installing a walkway, benches, or other elements after completing the pool. The plan will show whether you have allowed enough space for the surrounding features.

Before beginning to dig, be sure the site is suitable for a garden pool. When selecting a site, take into account the soil type, drainage, amount of sunlight, and access to water and electricity.

Good grading is essential for drainage. Refrain from placing a pool where runoff from the surrounding landscape will drain into it, especially

Place your pond in full sun for growing water lilies or lotus. Water lilies bloom best when they receive 10-12 hours of bright sunlight daily. Stay away from areas with overhanging tree limbs and beware of falling leaves.



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if you're using fertilizers and pesticides in the garden nearby. When placing the pool in a low-lying area (where it looks most natural), be sure to include a diversion course for the surface water to go around the pool, not into it.

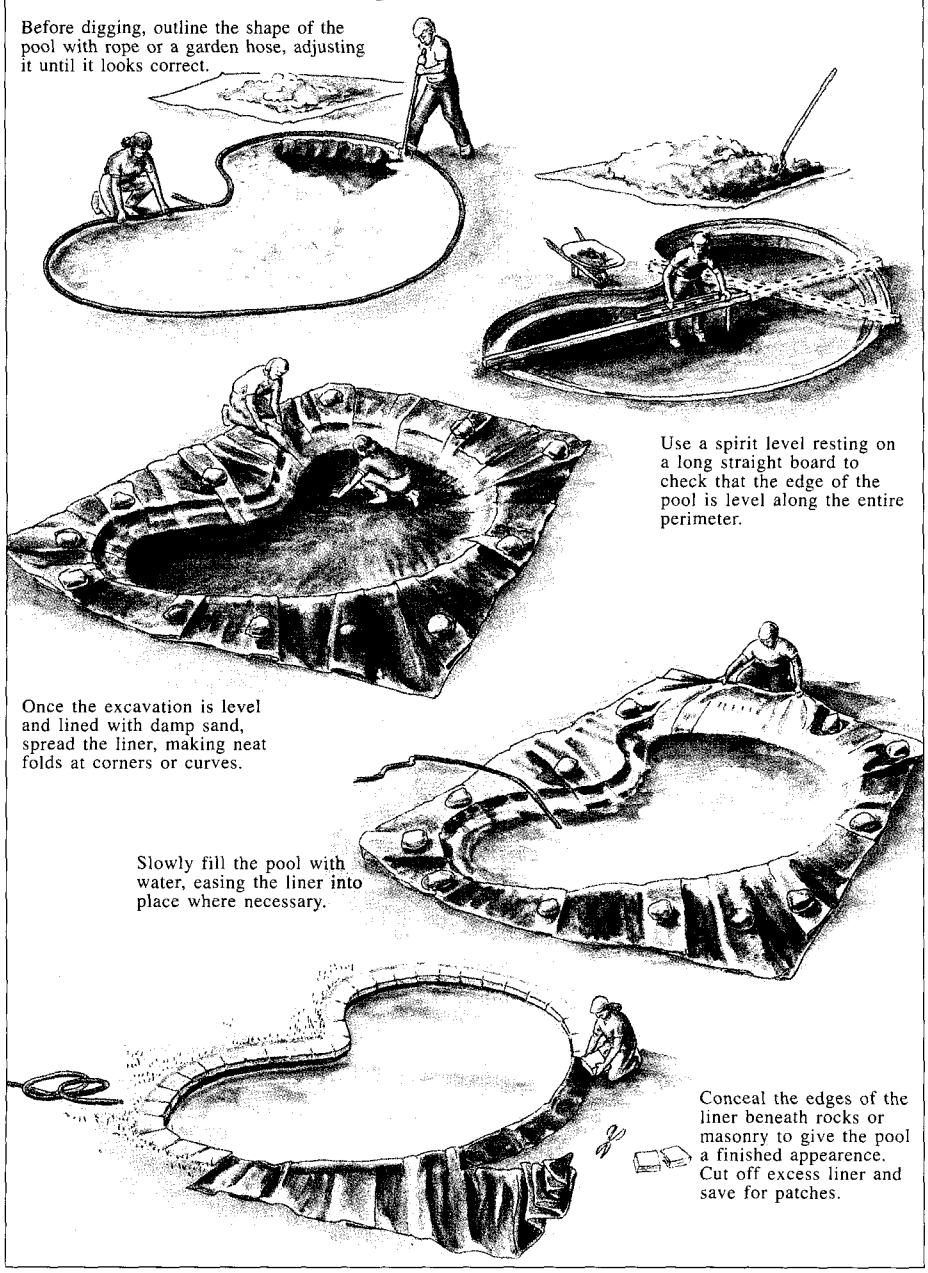
The soil itself should be well drained. Although it might seem natural to have a pool in a swampy area, this is actually the worst place. Boggy, wet soil can heave the bottom of an artificial pool, cracking or breaking it. During a heavy rain, water that has drained down to the pool area will lift up the liner. Any flooding will cause leaves and soil to sluice over the edge of the pool, adding silt and decaying matter to the fresh water in the pond. If your soil is very sandy or crumbly, you also will have problems. To keep the soil from caving in, you must design a pool with gently sloping sides or use flat stones as retaining walls.

If you have doubts about your soil, dig a hole about 24 inches deep before making extensive plans. Plan to line the excavation—walls and bottom—with several inches of sand if the soil contains many large rocks or pebbles. This will level it out and prevent puncturing the liner.

The next consideration is sunlight. Water lilies bloom best when they receive 10-12 hours of bright sunlight daily. Six hours of direct sunlight a day is the minimum for most water lilies, though a few varieties bloom with only four hours. Place your pond in full sun if you want to grow water lilies or lotus; if not, a shadier spot is usually fine, although shade will limit your choice of other aquatics. It's generally best to choose a location far from overhanging tree limbs. Decaying leaves on the pond's bottom can kill fish and plant life, because they rob the water of oxygen and make the water too acidic. Fallen leaves have to be cleared frequently during autumn. When they sink to the bottom of the pool, they can clog pumps and filters.

In siting a garden pool, you also need to consider how to add electricity and water. Fountains and waterfalls obtain their water supply from an electrical pump that sucks up and recirculates pond water. A recirculating pump operates on normal household current, and you will want to plug in the pump without much trouble. It is easiest to

Installing a Flexible Liner


Before digging, outline the shape of the pool with rope or a garden hose, adjusting it until it looks correct.
Use a spirit level resting on a long straight board to check that the edge of the pool is level along the entire perimeter.
Once the excavation is level and lined with damp sand, spread the liner, making neat folds at corners or curves.
Slowly fill the pool with water, easing the liner into place where necessary.
Conceal the edges of the liner beneath rocks or masonry to give the pool a finished appearance. Cut off excess liner and save for patches.

Pool Installation Tools

Before beginning to dig, be sure you have all the tools you'll need. The following checklist indicates every item to have at hand.

- **Framing square**
- **Garden spade**
- **Long, straight board** (eight feet long, or the width of the pool excavation)
- **Pick and crowbar** (if soil is rocky)
- **Rope or garden hose** (for laying out the circumference and design of the pool)
- **Spirit level** (12 inches or longer)
- **Stakes**
- **String**
- **Tarpaulin or ground cover** (on which to pile soil)
- **Three- to four-foot-long board or straightedge** (to level the edges or diagonals)
- **Wheelbarrow or garden cart**

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use an electrical outlet installed on the side of the house or one accessible through a garage or basement window. For aesthetics' sake, either bury the outdoor electric cable or cover it with stones. A long cable buried inside a conduit can reach a pump some distance from your house.

A hose can fill any size pool; no permanent water supply is needed. You will need a hose not only for the initial filling but also for topping the water as it evaporates.

In summer, evaporation can occur quite rapidly. If the pool can be filled easily and conveniently from an outdoor faucet, your job will be easier. Otherwise, you may want to install underground pipes and a spigot near the pool.

Both formal and informal pools are edged best with rocks or paving to keep the lines in place and camouflage the edges.

Both formal and informal pools are edged best with rocks or paving to keep the liner in place and camouflage the edges. Keep in mind the style of your pool when choosing materials for the border, called coping. Edgings suitable for naturalistic settings include large rocks, gravel, and smooth fieldstones. Materials for paved sitting areas might include crazy paving (irregularly cut paving that fits in a random pattern), pebbles set in concrete, or square paving slabs. For the best effect, choose gray, brown, tan, or black stones.

Water is generally clearer in a deep pond than in a shallow one. A shallow, saucer-shaped pool is likely to become clouded with excess algae more quickly than a deep, steep-sided pool that holds more water. In a small pool, there is very little movement of water, so algae spread rapidly once they begin to grow. In addition, the water heats up more quickly in a shallow pool, and algae flourish in warm, sunlit water. Submerged plants, floating plants, and fish are usually most successful in a large volume of water.

A pool should never be less than 15 inches deep; 18 inches is preferable. For a 40-square-foot pool (8 feet by 5 feet), the recommended depth is 18-24 inches. Any pool larger than 100 square feet need not be more than 24 inches deep.

Flexible PVC (polyvinyl chloride) is the material most often recommended for lined pools. It is commonly available in several thicknesses. A gray 20 mm single-ply is a good, durable choice, as is a 32 mm double-ply that is green on one side and black on the reverse, and a black 30 mm double-ply. PVC is also available in a 16 mm thickness, the minimum thickness for easy, long-lasting construction.

Buy the lining material from a garden center or water-gardening supply house to ensure it is fish-grade PVC—ask if you are unsure. Other kinds of PVC may be unsuitable. PVC designed for swimming pool coverings contains chemicals that retard algae growth; however, these chemicals also may kill other kinds of plants.

If you need PVC in large or unusual sizes, you can splice the sheets yourself or order them from the manufacturer. If you decide to seal it yourself, use a glue specified for flexible PVC. The PVC glue in most hardware stores is for rigid PVC pipe and, unless applied with extreme care, will burn a hole through the flexible liner.

The main drawback to PVC is that it deteriorates rapidly if exposed continuously to ultraviolet light (sunlight). However, if you keep your pool well filled (which it should be for the sake of plants and fish), the water will protect the edges and the liner will last a long time. The life of 20 mm PVC is about 10 years; the 32 mm variety will last longer. Both will last even longer if protected from direct sunlight.

Butyl rubber, recommended in many British gardening books, became available in this country only recently and may be difficult to find in some areas. This black rubbery material is 30 mm thick and doesn't degrade in sunlight. A butyl rubber liner should last 40 years or more, but it is about twice as expensive as PVC and more difficult to repair. Installation procedures are the same for any type of flexible liner.

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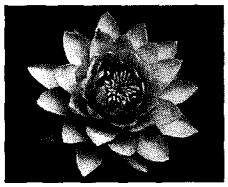

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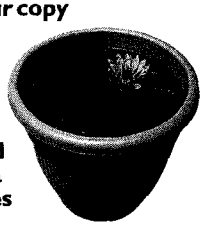

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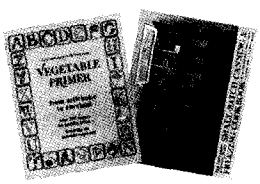

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"THE BLACK EYE"—by Norman Rockwell

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"THE BLACK EYE"

MEMORIES OF NORMAN ROCKWELL

Meeting the great Norman Rockwell was a pleasant surprise for the young portrait photographer, but helping the famous artist find a kid with a black eye to pose for a Saturday Evening Post *cover was another matter.*

by Sydney R. Kanter

There are days, and there are "those days." Many years ago, I was working in my studio trying to take a portrait of a two-year-old child, who was just as determined not to have it taken. My receptionist broke in to tell me that a man in the reception room wanted to speak to me.

"Good Lord, girl!" I said. "I haven't any time to talk to anybody now."

She said, "If you see who is out here, you'll change your mind."

Wow, was she right! There stood Norman Rockwell! The real, living Norman Rockwell, and in "my" studio. This was the man I had idolized for years, the man who could paint with better detail and expression than I could capture on film with my camera. He was nattily dressed in a brown tweed jacket, tan trousers, brown button-down shirt, and a solid brown knit tie. In later years, he preferred an ascot. His dark brown hair had waves in the front that would be with him for the rest of his life; and of course, he was holding the smoking pipe that was always a part of his face when he wasn't talking.

I walked (actually ran) into the reception room and drooled. "Mr. Rockwell!" I exclaimed. "I'm really honored. Please give me a minute to take care of the customer in the studio, and I'll be right with you." In the same few seconds it took to get rid of the sitting, I was back asking Mr. Rockwell what I could do for him.

"Waal," he drawled with a low, soft voice that I later learned to love, "I've been looking for a child with a black eye. I stopped at a couple of hospitals on my way down from Arlington, Vermont, but no luck. When I stopped at the hospital here in town, a doctor there said that you might be able to help me because you take a lot of children's pictures. I'm doing a cover for *The Saturday Evening Post*, and I need the black eye for the young girl in the painting."

He insisted that it had to be the black eye of a child no older than about 12.

"Mr. Rockwell, if you follow me, I think I might be able to find one for you."

We headed to the local *Berkshire Eagle*, where I placed an ad: "Wanted—A child, boy or girl, under the age of 13 with a fresh black eye, to be used for a Norman Rockwell painting. A modeling fee will be paid."

Several days later, I received a telephone call; a man's rough voice said, "Hey—you da guy lookin' f'r a kid wid a black eye?"

Excited, I asked, "Do you have a child with one?"

"No," he said, "but if you're payin' enough money, he'll have one."

The next day, Mr. Rockwell called me to see if I had any luck.

He said, "I just received a call from a prison. There had been a riot, and some of the prisoners have black eyes and are willing to pose, but I can't use them. They're too old."

We finally got lucky; the following week, one of my son's playmates got a black eye. That eye ended up on a young girl in the painting, the one that shows a determined young girl sitting outside a school principal's office, her arms at her sides, blouse and skirt dirty and rent, both feet childishly pointing to each other, a smile of victorious satisfaction on her face. The painting appeared on *The Saturday Evening Post,* May 23, 1953. Price—15¢.

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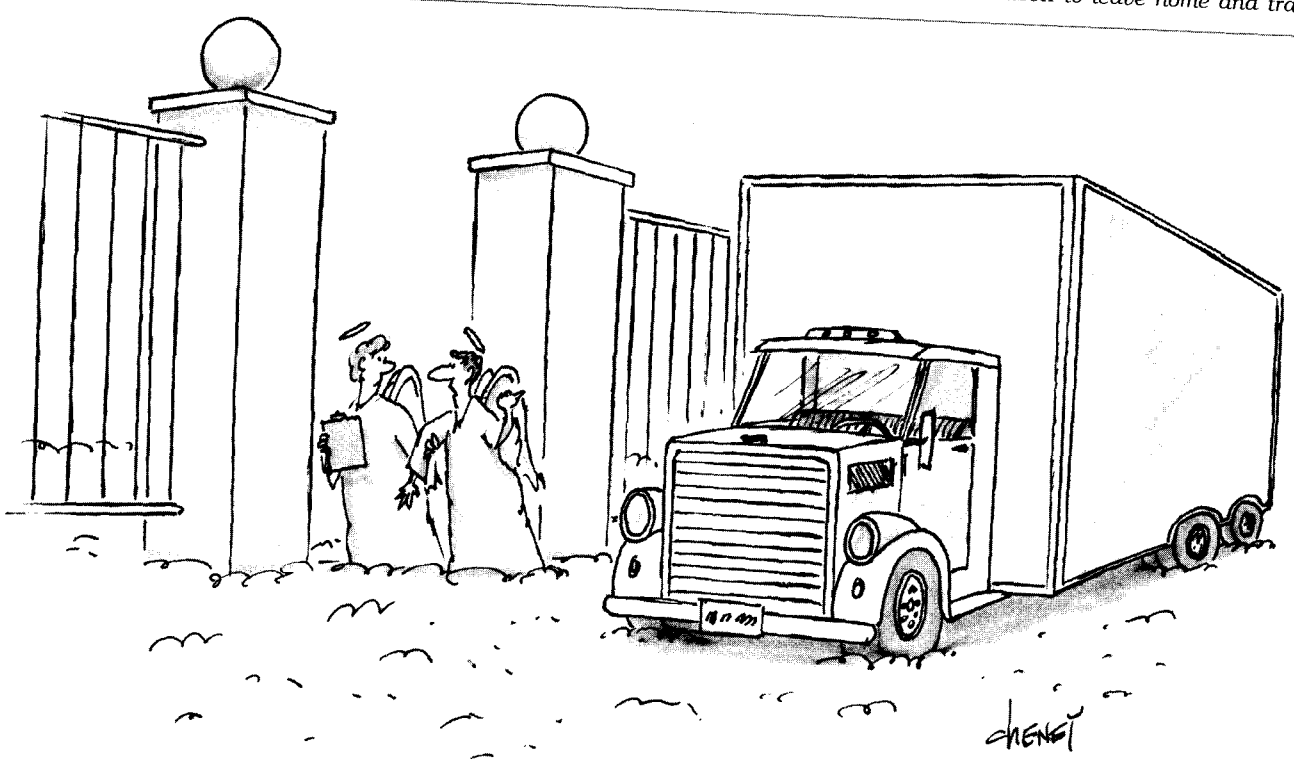
YOU HAD TO ASK

"All right, Miss Davis, if it's that important to you—you can have the day off."

"We, the jury, find the defendant, my son, not guilty."

"Yes, Alice, but now that the children have grown up and gone, there's no reason to leave home and travel."



"Wait . . . what about my stuff?"

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B_{12} Deficiency

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Dr. Lederle: B_{12} deficiency causes delirium, but the debate has been whether it causes actual dementia. Hector reviewed the literature in an article in the *Journal of the American Geriatrics Society* and could find no direct evidence, but others have said there is. Certainly, some kinds of neural changes occur, and we'd rather not have them.

Dr. SerVaas: What about all the Crohn's and ulcerative colitis patients who have their terminal ileums removed? Wouldn't they become B_{12} deficient as they age?

Dr. Lederle: These patients can become deficient. The question is whether oral supplementation will work for them. The Swedish studies included a few patients with B_{12} deficiency due to stomach or bowel resection, and they were successfully treated with oral B_{12}, too. So my guess is that oral B_{12} therapy works even in those patients, although it hasn't been studied well enough to say for sure. On the other hand, as long as you check B_{12} levels once or twice a year, you can't get into too much trouble.

Dr. SerVaas: If you have an elderly person with below normal B_{12} and no overt symptoms, do you still pass them on and not supplement them?

Dr. Lederle: Having the option of oral B_{12} makes it easier to supplement. You don't necessarily want to start a lifetime of injections for something you're not sure is a disease, but taking a pill is not such a big deal.

Dr. SerVaas: Have you had any other interesting B_{12} experiences such as Dr. Crosby's?

Dr. Lederle: I've had a few patients who, even though their B_{12} level is just fine, claim they only feel better the week after their shot, and they want a shot of a full milligram every week. I can't explain it, but some people feel better with enormous amounts of parenteral [injected] B_{12}.

Medicine's Best-Kept Secret?

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oral cyanocobalamin by patients with pernicious anemia is 1.2 percent across a wide range of doses. The daily cobalamin turnover rate is about 2 µg/d, so an oral dose of 100 to 250 µg/d is sufficient for most patients. Due to individual variation of absorption, however, some patients have borderline serum levels when taking doses as high as 500 µg daily. In a study of 64 patients taking 500 µg daily, the lowest absorption rate was 1.8 µg/d, slightly less than the turnover rate. A dose of 1,000 µg daily is therefore preferable, as confirmed by the previously cited long-term treatment studies. Although the Swedish investigators successfully used 1,000 µg daily for initial therapy, they have recommended that 2,000 µg twice daily or injections be used for the first month to rapidly replenish body stores. The use of doses that are excessive for most patients is acceptable because cobalamin is inexpensive, as will be discussed, and without known toxic effects even when given in large quantities.

The texts also express concern regarding compliance with oral cobalamin therapy, though it is not clear why cobalamin is singled out from other oral therapies (e.g., thyroid replacement) in this regard. Studies of oral cobalamin therapy noted good compliance, in some cases better than with injections. If closer monitoring is deemed necessary, physicians and patients might still prefer oral therapy and more frequent measurement of serum cobalamin levels to monthly injections.

Finally, although high cost was cited as a disadvantage of oral cobalamin in one text as recently as 1983, this has not been true since the early 1950s. A year's supply of generic 1,000-µg cyanocobalamin tablets costs the pharmacist about $10 (Goldline Laboratories and Rugby Laboratories). Parenteral (injection) cobalamin is also inexpensive, but the charge for administering it by health professionals can be considerable. Typical charges for a single injection are $10 to $20 in a clinic and $60 to $100 for a visiting home nurse. More than one third of patients receiving cobalamin injections from the Minneapolis Veterans Affairs Medical Center receive their injections from visiting or clinic nurses, suggesting that increased use of oral cobalamin would result in substantial savings.

Despite the success of parenteral cobalamin for the treatment of pernicious anemia, it is clear from the Swedish experience and the survey results discussed herein that a wider appreciation of the effectiveness and availability of oral cobalamin therapy would be valuable to American physicians and their patients. It is time to let the secret out.

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Tommyknockers

continued from page 45

"Where did the little elves go?" Robby asked.

"To work in other mines, son. This one's closed. They're spriggins, you know, related to the piskies. They hide in the winzes and look after the miners. If a man leaves them a bit of his lunch, they're good to him. And if he forgets, they put out his light. They knock the tools out of his hands. And if he denies them, they'll plague his days with bad luck."

Another little look passed between the twins, and they pressed closer.

"But they'll be back, won't they?" Robby insisted, and Patty echoed him. "They'll come back, won't they?"

"They might. The Tommyknockers follow the good mines, and this is a good mine. Always was and still is. Yes—I guess if those noodleheads in Washington unpeg the gold and the Golden Fleece is worked again, they'll be back."

"But Patty and I can work it. We have hard hats. We have shovels. And Pansy's a good digger. And you could help us."

The old man lifted the little boy to one knee, and the little girl to the other.

"Ye-es," he said slowly. "I guess you and Patty and Pansy and I could have a small operation going. I guess maybe I could stay long enough for that."

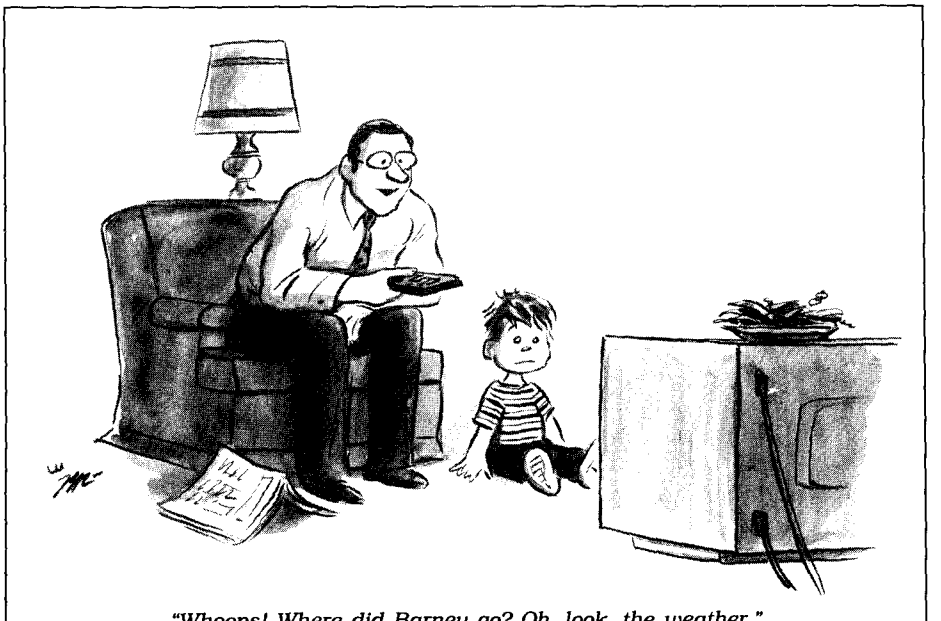
This was the beginning of the lovely summer which was like no other. Ben was always the first one up. Upstairs in the big high-ceilinged bedroom, John and Susan would hear him moving quietly in the kitchen, putting on the coffee, and presently they would hear a rustle on the stairs and know that Patty and Robby were going down in their sleepers, Patty clutching her favorite doll—the one who couldn't keep her clothes on and was missing an arm.

It was Ben who gave them their breakfast. It was to Ben Patty carried the garments with the tiny buttons she couldn't manage.

Susan insisted to John she was just a little jealous of Ben Hutton, bless his heart. With him the twins were such angels and with her sometimes such tartars. Even the hour before dinner, which had a habit of slipping into howls and tantrums, was relatively calm with Ben around. The twins considered him their personal possession.

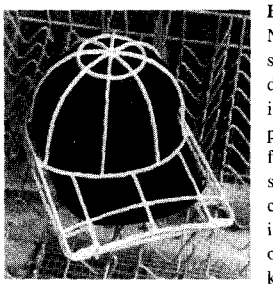
Each midmorning, there occurred an event which amounted almost to ritual. Robby and Patty put on their little hard hats and Ben his big one with its carbide light and, armed with shovels and attended by Pansy, off they marched to work the Golden Fleece. They always carried a bit of food to place on some rocky ledge for the Tommyknockers.

When Susan was outdoors, she would watch them enter the portal, and Ben's voice would carry back to her: "Rattle 'em up, boys. Make the



"Whoops! Where did Barney go? Oh, look, the weather."

Post Sampler



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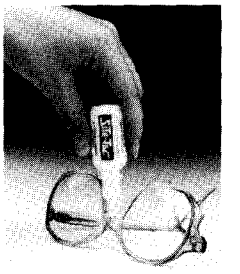

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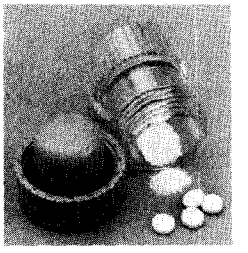

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dirt fly. Here comes the super with his nose to the ground." Then there would be silence, and she would know they were walking a hundred feet into the old adit, and she would wait.

Their exit never lost its freshness. Out they came at 15 miles an hour through the portal in the little ore car, Robby and Patty hanging on for dear life, Pansy tucked between them with her little white paws over the edge, and Ben standing on the back. It was so wonderful that Susan had to limit the event to once every weekday and twice on Sunday, or the twins would have worn Ben to a frazzle.

And when they came straggling into lunch on the screened porch, almost always one of the children asked anxiously, "Do you think the Tommyknockers will be back soon, Ben?"

And he would answer, "I'm expecting them any day now, chickadee. Takes patience. Takes time for the news to spread that the Golden Fleece is a going concern again."

It was never lonely. John and Ben built a workbench. They made a dollhouse for Patty and a tree fort for Robby. They built a wheel to lift enough water from the stream for Susan to have a vegetable garden.

When they all drove to town, they were greeted with broad grins, and there wasn't a week that two or three mining men didn't drop by—usually at lunchtime—for a chat with Ben and John. And the talk was always of mining, its efforts, its failures, and its hopes. Then one day, the Tommyknockers came back.

The little ore car seemed to emerge from the portal a bit faster than usual, and the twins came running to report the news. For the first time, the food they had left the day before was gone.

Ben confirmed it. "Yep. They're back. No doubt about it. Hungry, too. Gobbled up every smidgen." Neither he nor the parents mentioned the possibility of a night-prowling rat, no doubt grateful for so unexpected a cache.

The twins spoke much of the Tommyknockers when they first returned. Then not at all. Each afternoon after their naps, they played together under the big old trees in a world which was their very own and excluded all others—even Ben.

One afternoon, Ben took them a tray of milk and cookies, and from his chair on the veranda, he saw them passing the cookies to playmates who were not there and talking to them earnestly.

"You know something, Susan?" he said to her. "I think the twins think they can see and hear the Tommyknockers." Susan said, "Oh, yes," she'd known it for the past week.

"It's because they haven't enough real children to play with, Ben. It's perfectly normal. When I was a little girl, my best friend was a little boy called Charley Peters who didn't exist."

One afternoon, Ben was sitting on the bank, watching the children wade in the stream, and Patty grew tired and came over to him and held out her hands for him to lift her out.

"Please, Ben," she said. "Lower me up."

This was a Cornish phrase, and he asked where had she heard it. "Patty, who told you that?" She grew very demure and said it was a secret.

"Couldn't you just whisper it?"

She put her little face close to his ear and whispered it. " 'Arry and 'Arvie told me," and off she scampered.

Then Robby came over. "I know what Patty said. She said 'Arry and 'Arvie told her."

"And did they?"

The same demure little look took Robby's face. "A'is," he said.

"Gave me the queerest feeling," Ben told Susan. "I haven't heard that word 'a'is' for years and years. 'Aye' is the closest you hear these days. And where did they get 'Arry and 'Arvie? It seems to me that when I was a youngster, the miners

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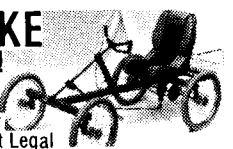
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had names for two of the Tommyknockers."

"Well, of course, that's it, Ben. They've heard it somewhere. Whoever said little pitchers have big ears simply didn't know children, Ben. They're better than that. They have a radar system all their own. It's normal. Just be thankful they picked up something nice instead of something naughty."

Then the lovely summer came to an end. The doctors said John could go back to work.

Ben and John started job-hunting at once. They visited the mines of the Alleghany. They drove north to see an iron pit where the mud swallows built their nests in the ledges, the rattlesnakes hid in the rocks, and the miners ran for their lives when the lightning showed in the sky. Then one day, through the chief engineer who had known Ben all his life, John found work as a project engineer to build a diversion tunnel on a new dam, near enough so the family could return to the old house for holidays and weekends.

When the Prescotts left, Pansy climbed a tree and refused to come down. She chose to remain with Ben, and though at first both missed the family, the old house was not lonely. It was filled with hope and plans. The kitchen to be painted as a surprise for Susan. Windows to be weather-stripped so the house would be warm for the twins. Bulbs to plan for the spring garden, leaves to rake, and trees to prune.

Thus the early fall passed quickly. The leaves fell, the nights turned cold, and the Prescotts telephoned that they would arrive late Friday afternoon for a long weekend.

All Thursday morning and into the afternoon, Ben worked to stack the last of the winter wood before the rains came. He was dusty with bits of wood duff caught on his sleeves and in his hair. He was thinking that at Christmas, he and John and the twins must drive high enough to find a little fir, and cut it down and carry it home. And he must take Susan to the church to hear the Cornish choir sing carols so old they had never been written down, but passed from father to son over the generations.

Then he heard a car come up the road and stop, and he thought John must have managed to get off a day early. He put down the last piece of

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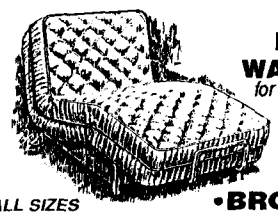
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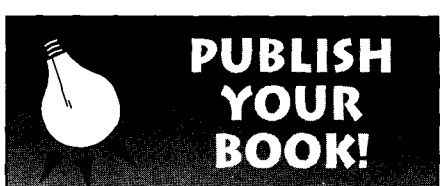
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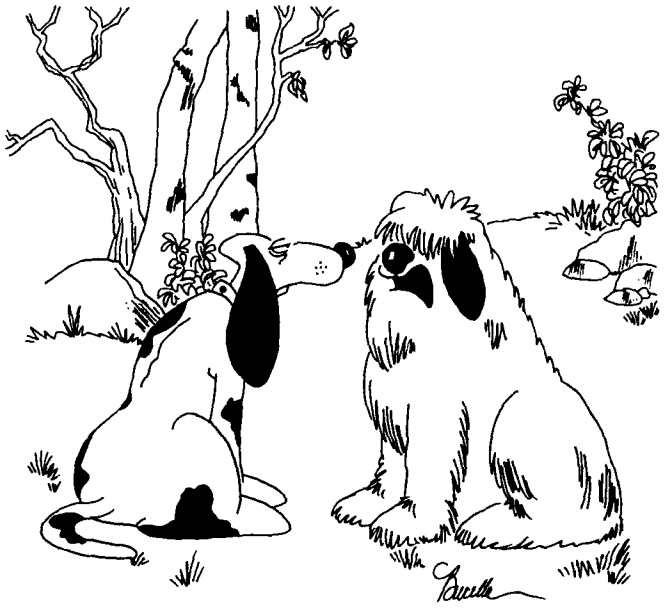
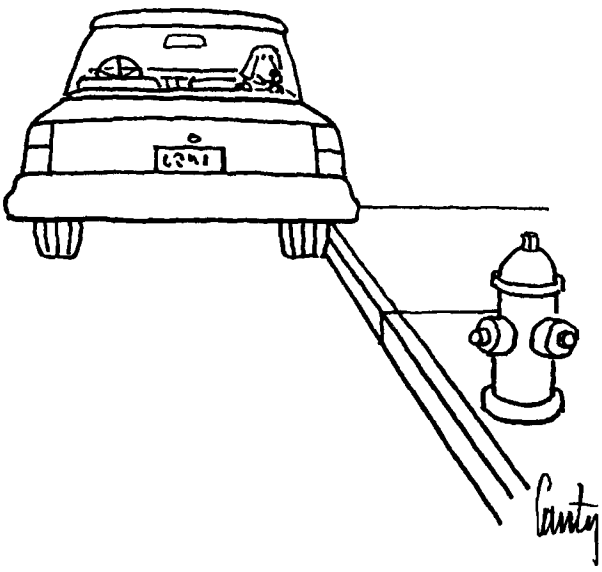


"If they call that 'being fixed,'
I'd hate to see what they call 'broken.'"



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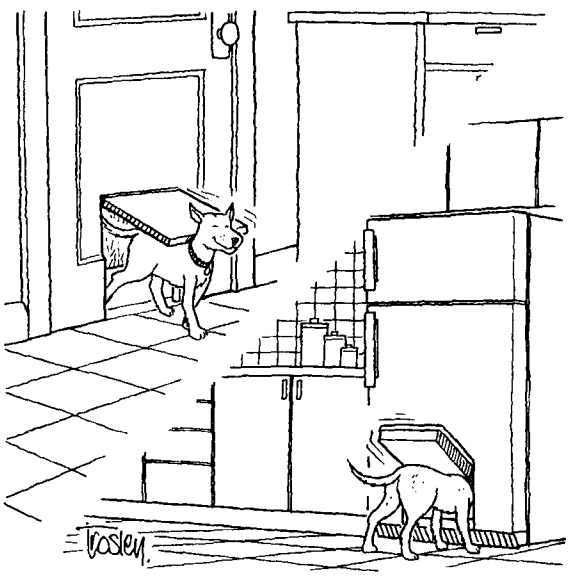

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wood, shook the duff from his hands and straightened. In the car was Esmeralda, his daughter. He went forward to greet her as she climbed out, and they looked long at each other.

Ben saw a strong, capable and thoroughly good woman whom he didn't like very well, but loved dearly.

She saw a stubborn, willful old man, obviously unfit to live alone, to whom she was devoted. Why, he wasn't even bathing properly. And on the stove would be a pot of beans with a huge piece of fat pork—so bad for his heart. How hard to reach the day when a daughter must take charge. How thoughtful of the niece of the Cornish widow to have written her the truth. And this time, she would not leave without him.

Esmeralda did not begin her campaign with direct action. Not a word. Not a reference. She inquired for friends. She discussed the weather. She discoursed on the joys of city living.

"Now I'll get supper, father," said Esmeralda in the late afternoon. "I've drawn the water for your bath. Now run along, dear, and have a good soak."

Ben went upstairs slowly. The tub was filled and the towels laid out. He'd have to be watchful, or she'd lock him in and vamoose with his pants. And sure enough—he was scarcely inside with the door shut when he heard a faint scurry in the hall. Esmeralda had come up to ascertain if her strategy was working.

He planned his own, and quickly. He performed some splendid splashing without wetting more than his hands. He emitted the proper puffs and snorts. He spilled water on the floor and sopped two bath towels. He removed one shoe and sock and left a large, wet footprint on the bath mat. Then he washed his hands and face, combed his hair, and went down to dinner.

Dinner was deplorable. The pot of beans was gone, and Ben too wise to mention it. No spice. No pickles. Not a taste of onion. In place of his strong, dark brew was a cup of something so remotely related to his favorite bean as to have neither taste nor fragrance.

Breakfast the next morning was even worse. More weak coffee and not one slice of thick bacon. It was obvious that Esmeralda was softening him for the attack, and for the first time, Ben felt afraid.

It began as soon as the dishes were done, and it was direct. It was kindly, or meant to be, and it went on and on with that patient, persistent hammering of the woman who is sure—absolutely sure—she is right.

"Now, father, you know you must go back with me. You're too old to drive. You're too old to cook for yourself. It's too far from a doctor. You're my responsibility, not the Prescotts."

And Ben said the Prescotts had come into his life like a benediction. That they had given him every reason to believe they needed and wanted him. What more did a man want? Suppose living here as he wished did shorten his life. What did it matter, if he lived it and put it down at the end like a man?

Esmeralda wept, and promptly repenting such weakness, strung her bow with her sharpest arrow. "I know how you feel, father. I do understand. But the Prescotts are young. They don't want to be burdened with an old man. They can't say so. They can't come right out and say they'd rather have their own house to themselves. Can you accept kindness given out of pity?" And when she saw the flinch of pain on his face, she was so sure of success, she gave him a respite.

Ben walked into the kitchen. He plucked his hard hat from its hook on the back porch and followed the path to the Golden Fleece. He lighted his carbide lamp and entered the portal. This time, he went farther than he and the twins had ever gone, deep into the adit. In one place, a small slide had fallen, and when he saw it, he knew the mine was weakening—and so was he.

He turned back. There in the portal was the little spot of daylight a miner can see for hundreds of yards, that waits all his life to guide him home to a safe lodging after his work is done. For Ben it led to the old house, to John and Susan and the children, and he felt the will to fight on still within him, and he walked toward it steadily.

When he was within 50 feet of the portal, the light blurred an instant. Esmeralda had come after him. He stopped, and he spoke first and firmly. "Esmeralda, you ought to know better than to come into a mine. It's bad luck. Now get out of here."

"Oh, father, that's superstitious nonsense. Come on, dear. I'll help you

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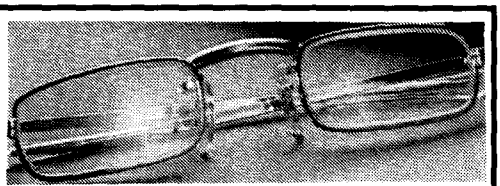

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pack. We'll stop on our way and have a nice dinner."

For an instant there was silence, and then he heard it, the tap-tap on the air lines, the knock-knock on the sills.

"The Tommyknockers are talking."

"Father, if anybody heard you say that, he'd think you were childish."

"He would, would he? Well, let him try and certify me. He'd have to do it in Grass Valley. The judge would throw it out of court. He'd have to, or he wouldn't dare run for reelection."

He walked toward her, and on his cheek he felt a slowly increasing flow of air coming from the workings deep in the mine and moving toward the portal. But the fan wasn't going—it was disconnected—and he yelled to Esmeralda to run, and because he was too old to run, he jumped into an old powder-storage crosscut.

There was a deafening howl, and Ben's light went out. Somewhere in the old adit, the rock had fallen, pushing out the air as if from a balloon down a straw. His poor, determined Esmeralda had become airborne, and when the current that had picked her up reached the unrestricted atmosphere outside the portal, it would drop her with a rude thump.

Then it was over. He could hear the faint rumble of the stopes that had caved and compressed the air.

He hurried to the portal and, illuminated in the sunlight, he saw Esmeralda sitting between the tracks, covered with dust and surrounded by old powder boxes, wedges, and leaves. She was unbroken.

"Esmeralda," said Ben gently. "You've made a mess. What you need is a good, long soak."

Esmeralda didn't want a soak. She found her voice. "Those horrible little Tommyknockers—they did it on purpose."

"I thought you didn't believe in the Tommyknockers."

"I don't; of course I don't—the nasty little things. I'm going home. I've had enough. I've had all I can take. I did the best I could. Nobody can say I didn't try. Heaven knows I tried!" Ben agreed, and he soothed her and he calmed her, and at last he saw her on her way.

What sweet release. He made himself a pot of strong, fine coffee. He laid the fires. He placed the doll Patty had left behind to await her return on the pillow of her little bed. He put the model of a gold dredge which he had made for Robby on a card table. He cleaned the bathroom and remade the bed in which Esmeralda had slept. Then he put on his jacket and went outdoors to wait.

Far down the road, he heard the car coming up the grade. He heard it with that eager lift of the young heart, as a child hears a sleigh bell or a youth the long whistle of a freight train in the night.

"I dunno, George. There has to be more to life than watching my wife cook, iron, vacuum, wash clothes, clean the house, take care of the kids, and do yard work."

Then the car came around the bend and stopped, Patty running toward him with her arms out, Robby just behind her, content to be second because he was a boy and girls go first.

It was Susan who spoke first. "Oh, Ben—we were so afraid. The traffic cop told us your daughter had passed him. If you weren't here, we were going to start right out after you."

So, of course, he told them all about it, and it was solemnly agreed that the Tommyknockers must have pried loose the rocks that started the slide that compressed the air that blew Esmeralda through the portal. And John said this was no night for cooking. They must celebrate. They would dine at the inn of the Cornish widow, and if the suet and the onion in her meat pasties gave Ben a bit of heartburn, it was worth the risk.

When they were ready to start, Ben said he had a bit of business he must tend to first. He picked up Pansy and, with Patty on one side and Robby on the other, walked again to the Golden Fleece and through the portal just far enough for the dark to find them. There was not a sound.

"Are you listening, lads?" He felt Pansy stiffen, alert as to the flicker of a mouse tail no human eye could see, and from deep in the old mine, he heard a faint, benign tap and a sound that resembled a small—a very small—chuckle.

Ben raised his right arm in greeting as one mining man to others. "'Arry and 'Arvie," said the old man. "We're obliged to you gentlemen." ▲

Pork's New Profile

continued from page 19

pumpkin pie spice; blend well. Spray roasting rack with nonstick cooking spray; place in shallow pan. Place pork tenderloin on prepared rack, brush with half of apple jelly mixture. Roast at 375° 20-30 minutes or until meat thermometer registers 155°. Let stand 5-10 minutes.

Place apple slices on broiler pan; brush with remaining apple jelly mixture. Broil 5-6" from heat for about 5 minutes or until apple slices are tender. Slice tenderloin; serve with cooked apple slices.

Per Serving:

Calories: 236	Carbohydrate: 23.4 gm
Cholesterol: 51 mg	Protein: 25.7 gm
Sodium: 69 mg	Fat: 4.4 gm

Diabetic exchange: 1½ fruit + 2½ lean meat

Pork Medallions with Rosemary and Mushrooms

(Makes 4 servings)

1 pound pork tenderloin, trimmed and cut into 8 crosswise pieces
1 tablespoon margarine
1 cup sliced fresh mushrooms
2 tablespoons finely chopped onion
1-3 teaspoons chopped fresh rosemary, or 1 teaspoon dried rosemary leaves, crushed
¼ teaspoon celery powder
¼ teaspoon pepper

continued on page 82

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AS SEEN ON TV

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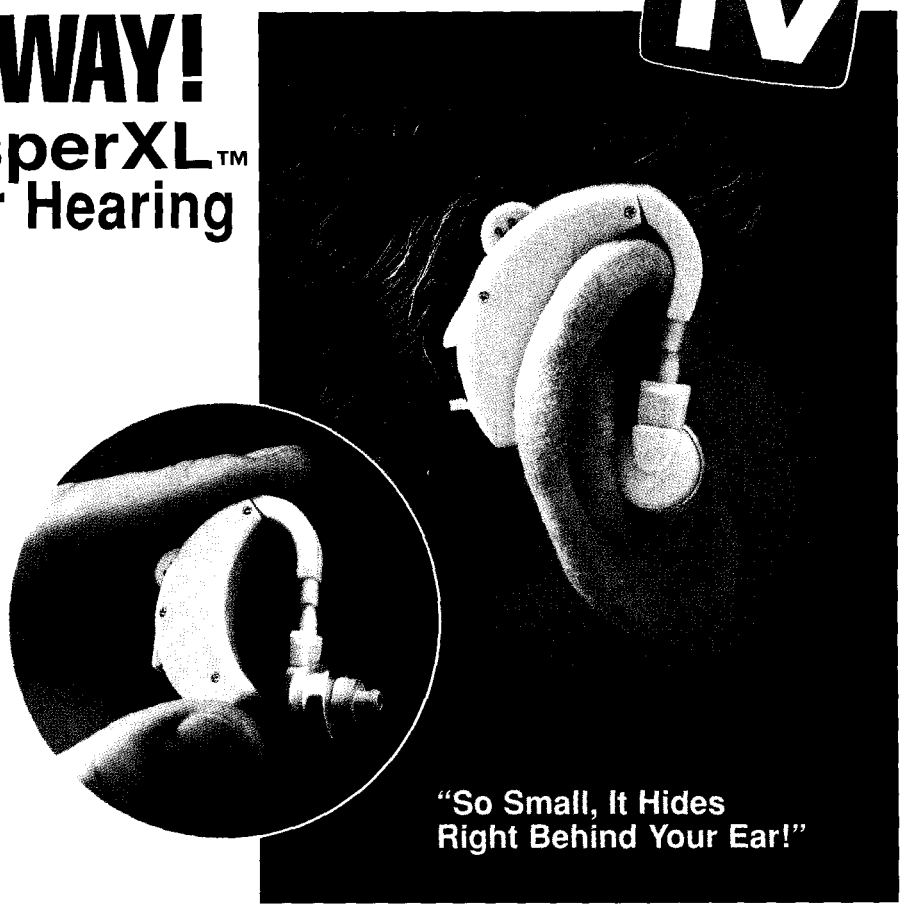

This is the SAME famous Whisper XL™ sound amplification device that has been nationally publicized on TV and in leading publications – similar to those that have been sold in Europe for much, much more! But during this nationwide publicity campaign, TeleBrands is offering them for the unbelievable price of just $29.95 only to those who respond to this ad before Midnight, August 5, 1994.

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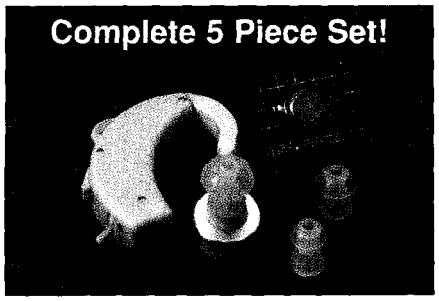

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Just imagine what it would be like to hear sounds that you could never hear before. Studies show that there are thousands of different sounds that are not normally audible to the average person. Slip on this technologically advanced device and you'll instantly hear like a super hero. Incredibly, you'll be able to hear people talking in the next room loudly and clearly, or a pin drop from 50 feet away! Take a walk outdoors and you'll hear birds sing like you've never heard them sing before, and hear deer coming before they hear you! It's an outdoorsman's dream come true.

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WhisperXL™ has dozens of practical uses! Take it to the movies, theater, or lecture hall and you'll never miss a word. It's great for watching TV with a spouse – just keep the volume on low and turn on WhisperXL™. She can read while you watch the ball game! Now you can enjoy the crisp, clear sound of a TV or radio playing at low levels, without annoying everyone else in the room. Experience the fascinating world of super hearing - order today!

The WhisperXL™ weighs less than an ounce, has 6 sound levels to accommodate your own sound enhancement desires, an on/off switch right at your fingertips and, best of all, it adjusts and rotates for ultimate comfort so you can wear the WhisperXL™ behind your left or right ear! WhisperXL™ comes complete with battery and a one year money back guarantee.

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A Very Southern Treat

Only in New Zealand can you scale the Alps, explore glowworm caves, and pick orchids in December.

by C. J. Hadley

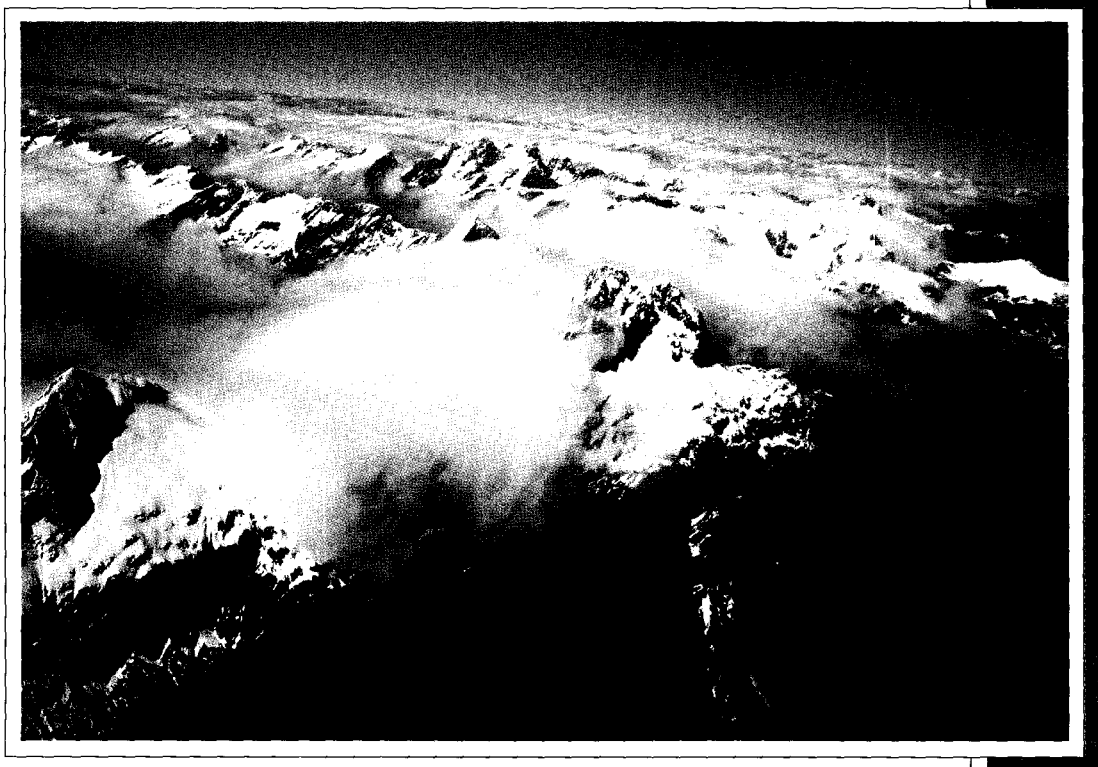
When Air New Zealand banks to land in Auckland, passengers catch their first glimpse of the color below. Bright green countryside erupts into volcanic cones filled with grass; a million dots swell to become wandering livestock.

Auckland is New Zealand's largest city and, says local Rodney Dearing, "If you want to know about New Zealand society, then Auckland's the place." Dearing says New Zealanders are pioneers at heart, enjoy the outdoors, and like to be surrounded by trees. That explains why the city is liberally sprinkled with parks where flowers grow in profusion and gardens are carefully tended.

But to really sample this two-island country, you need to travel further south, close to prime farm country. Here, visitors can enjoy rigorous sports such as black-water rafting in underground caves. Each rafter is supplied a wet suit, miner's hat with light, and an inner tube. The water is cold and drips from the ceiling as you drift quietly along. A slight hum is heard, the water moves faster, and when it becomes a roar, you drop down a waterfall. "After that rush of adrenaline," one participant says, "you hang on to the person in front in the dark and form a human chain through a glowworm cave."

Waitomo Caves, a few miles away, were discovered a century ago and are filled with stalagmites and stalactites. "The glowworms have the ability to switch their lights off when we turn ours on, so it has to be dark to see them," says caves guide Diane Carey. "They spin sticky lines to catch insects, 30 or 40 each, and when insects are trapped, they suck them up like a piece of spaghetti."

Back above ground, in Te Awamutu, a community of gently rolling hills and perfect farms, Bob and Beryl Ferguson take in guests on "farm stays." They still live and work on Bob's father's place, dabbling with racehorses because they have a share milker running the dairy. "Beryl and I milked cows for about 30 years," Bob



Weather permitting, visitors can fly over the Southern Alps and land on the glacier. The more adventuresome can plan an overnight trek to the hut on the 11,437-foot Mount Tasman.

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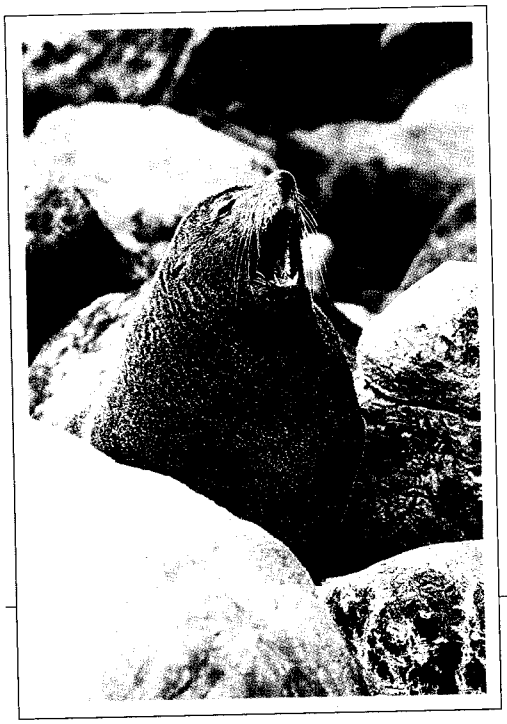
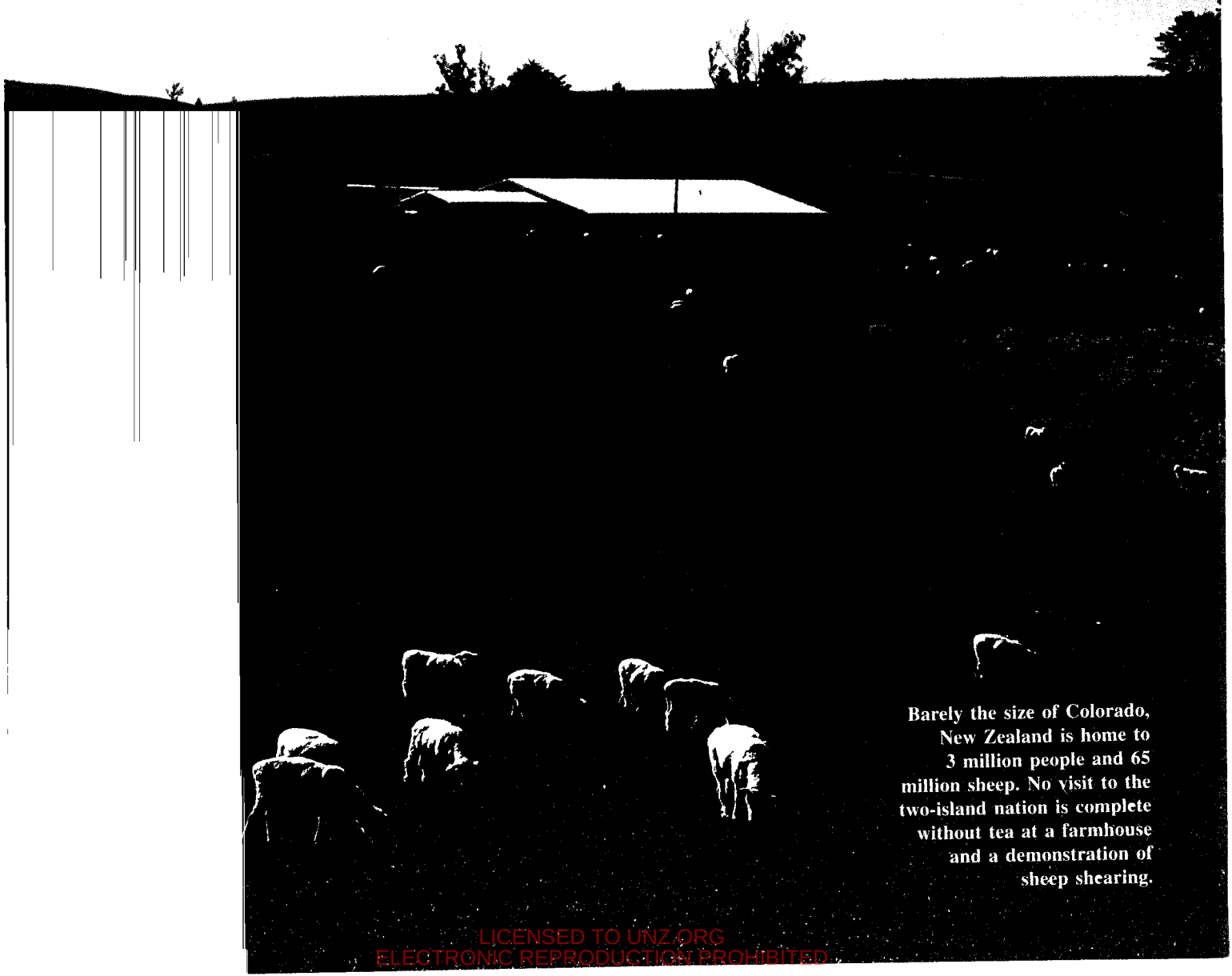


Because New Zealand wildlife is carefully protected, tourists are likely to encounter yellow-eyed penguins, fur seals, albatross, and cormorants. Fishing trips can yield salmon that weigh more than 30 pounds.

Bungee jumping off the Kawarau Bridge is considered a "personal achievement" for persons willing to pay $85 for the honor. A videotape documents the jumper's bravery.



Barely the size of Colorado, New Zealand is home to 3 million people and 65 million sheep. No visit to the two-island nation is complete without tea at a farmhouse and a demonstration of sheep shearing.

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says, "and we had enough, so we got a bloke with lots of money to come in and buy all our cows and the machinery. We still own the land, but the share milker does all the work, and we get 50 percent."

When they decided to take in guests for DB&B—dinner, bed and breakfast—they thought it would mean rare entertainment. "Our first guest was a Canadian who was supposed to stay overnight, but we had him for a month," Beryl jokes. "He turned out to be just splendid. He was 78, came from Toronto, walked a lot, and didn't want to go anywhere else."

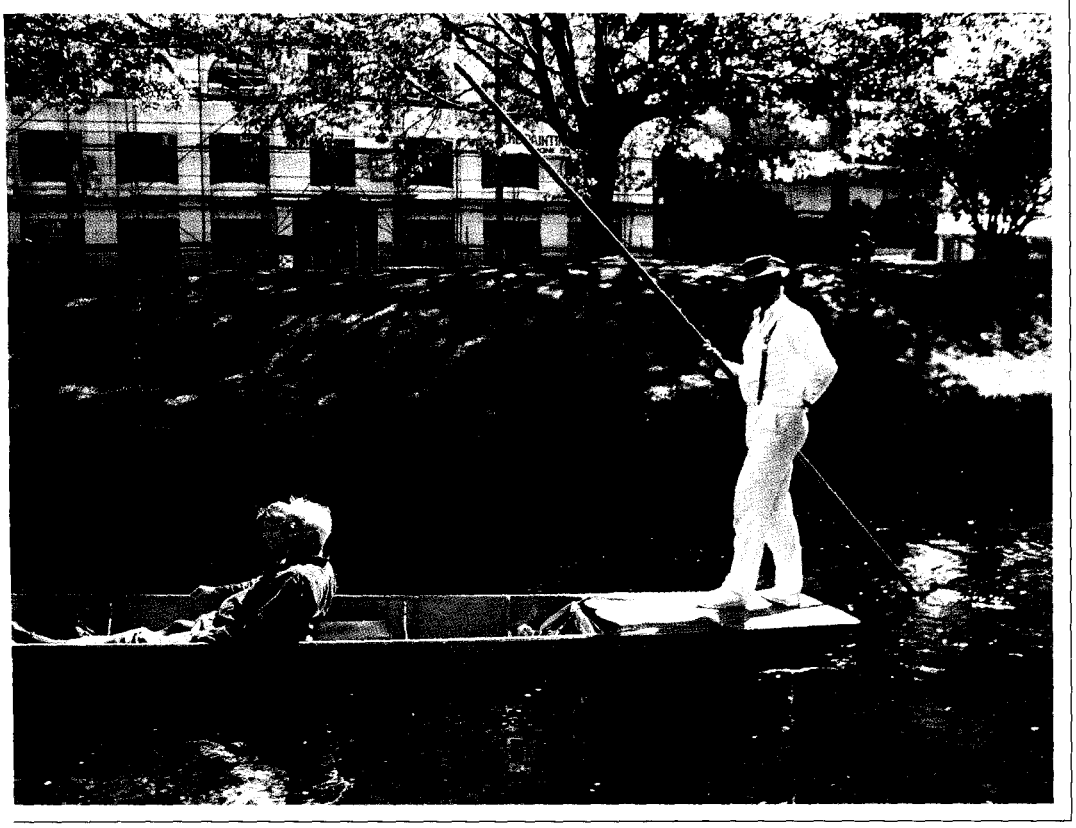
A farm stay usually includes afternoon tea, walks around the property, and conversation after dinner. It can mean participating in the morning milking at 5:30 a.m., watching dogs guide the farm's sheep, shearing or marking, and learning about weight gain, crop rotation, animal ailments, forage and "fair dinkum [authentic] bull meat." It also can mean sampling roast hogget, which is an aging lamb. "A hogget tastes best in my opinion," Bob says, "and goes to the works (the butcher) between 9 months and 18 months. After that, he's a bloody sheep."

Visiting the Natives

Rotorua is in the middle of the North Island. For centuries, this place of thermal action, bubbling mud, numerous explosions of steam, and sulfur smells has been home to the native Maoris. They've learned to live with the odor and use the steam and hot water for cooking, heating, and bathing.

Today, Rotorua is one of New Zealand's most popular destinations for tourists. Rainbow Springs offers nature walks through the bush, plus ponds teeming with trout, a kiwi house, and an aviary filled with native birds. A gondola takes visitors to the top of a nearby mountain where a restaurant offers meals and breathtaking views of the town and the lake.

"These geysers erupt longer than Old Faithful," explains Carl Leonard, a Maori guide, dancer, carver, and warrior at the Maori Arts and Crafts Institute. "Sometimes in the village, the geothermal activity causes the ground to fall away. One woman thought she had a garden until she noticed her vegetables were steaming instead of growing. A hole had opened up, and the 'garden' had become a stewing pot."



Considered more British than Britain, Christchurch boasts a town crier, a wizard of Canterbury, and a river called Avon. Here, visitors enjoy a leisurely cruise through town.

A Capital City

Wellington, the capital of New Zealand, sits on the southern tip of the North Island on Cook Strait. It is the seat of government, an honor wrenched from Auckland in 1865 when gold was discovered in the South Island and commerce moved south. Houses around the city cling to precipitous slopes, the wind is usually serious, and Cook Strait is dangerous. Views over Lambton Harbour from Mt. Victoria and Tinakori Hill are fabulous, and Mt. Victoria includes a memorial to Rear Admiral Richard E. Byrd, the American who flew first over the South Pole.

Within a few miles of Wellington is Rimutaka Forest Park, with sandy beaches and bright blue ocean, plus sheep, lambs, and seals. The mountains rise steeply upward, and rivers tumble sharply down. Visitors can opt for a short tour in the bush or along the coast to see the seals or can take more leisurely safaris into the park in four-wheel-drive vehicles.

Fishing Holiday

Ray Grubb and his wife, Marion van der Goes, own Lake Brunner Lodge on the South Island, which you can reach via train from Christchurch across the Canterbury Plains and up through the fabulous scenery of Arthur's Pass. Get off at the tiny station called Inchbonnie.

Lake Brunner is the oldest fishing destination in New Zealand and considered by some, including Grubb, to be the world's best "fishing hole." "It's a difficult fishery," Ray says, "with clear water where you see the fish before you catch them."

Full-time guides are available to lodge guests who want to fish. Other visitors relax, take nature walks, watch birds, ride horses, or visit the only white heron nesting grounds in New Zealand.

Marion is a masterful cook. "Fishermen get very hungry," she says. "The food I serve is as fresh as I can get it and with good flavor. And I keep it simple." Her touch is evident in the rooms that are pink and mauve, pretty and clean, and boast fresh flowers. Each bed has an electric blanket and several pillows. Even if the stove's lit in the hall, guests need long johns and sweaters because

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the lodge is often damp and drafty.

The Other Alps

Rain is common here. Nine inches fell one recent October day. During the siege, the roads from Greymouth to Franz Josef Glacier were often under water, the Southern Alps and the Tasman Sea could not be seen through the mists, and cows and sheep clung to the high country. Waterfalls rushed down the mountainsides, rocks and bushes slipped into the road, and a farmer on a motorcycle pushed his cows in a driving rain toward the milking barn. A normally clear stream turned red from leaf mold and debris rushing out of the mountains.

"Nature rules down here, and people merely accept it. Everything is constantly in action," says Bob McKerrow, Westland National Park's field center manager. "The Maori name for the glacier is *Naromata ohime hoketeri*, which comes from a story about a woman who enjoyed walking in the mountains. One day, her lover was following her and he fell down a crevice, hence the name which means 'tear drops of the glacier woman.' "

Westland National Park stretches from the main divide of the South Island to the Tasman Sea against massive rain forests and a narrow plain to the ocean's edge. Franz Josef Glacier sits where two great tectonic plates meet. It's an earthquake fault. The high country at the top of Franz Josef and Fox Glacier, more than 11,000 feet, claims enormous amounts of snow and frigid air, so skiing, mountaineering, and glacier walking are beyond belief.

Even in pouring rain, people walk in the bush or on the glacier in rented hobnail boots, raincoats, and with guides. The area is so isolated from the rest of the country, "all the species are locked away here," says Bob. "There are 19 species of native freshwater fish in the area and 14 species of native orchids, which are perfect in December. And we think we've discovered a new variety of kiwi."

The Adventurers

Queenstown sits at the edge of Lake Wakatipu, beneath a remarkable chain of mountains appropriately named The Remarkables. The city—called Queenstown because miners said it was fit for a queen—is famous for tramping, skiing, mountain climbing, jet boating, river rafting, bungee jumping, and golf.

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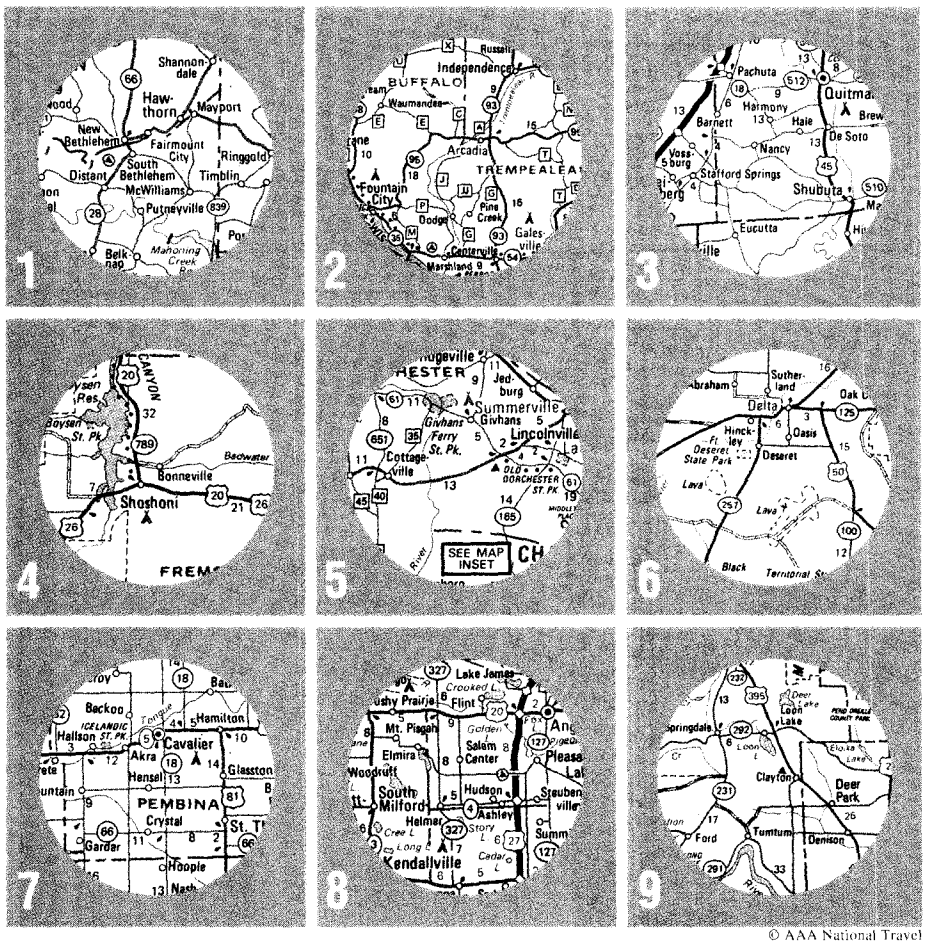
For guided tramps across the mountains, reservations are necessary. The Milford Track is the most famous, but the Greenstone Valley Walk is also good. "The Greenstone takes three days, and you stay in huts and sleep in bunks," says resident Allison Paterson. "You get a good mattress, sleeping bag, and linen, so you don't have to carry it with you. Guides do the cooking, the huts have hot showers, and there's always a fire to warm and dry you."

When Allison and husband Jeff are not tramping, they share their home with visitors. New Zealand home stays are popular; the locals learn about new places, and the visitors gain insights into the people and area. "We like to entertain Americans, because they accept us as we are," says Allison.

If the weather is clear, you can take local helicopter flights around the mountains and longer trips to Milford Sound in the heart of fjord country. In the summer, there is river rafting, jet boating, and bungee jumping.

The Kawarau Bridge spans a narrow gorge 143 feet above the aquamarine Kawarau River. It was built in 1880, taken out of commission in 1960, and restored by A. J. Hackett's company to use for bungee jumping. Hackett set the standards, and his commercial enterprise opened for business in 1988. With a rubber bungee attached to an ankle harness, participants pay $85 to jump off the bridge. Bungee tension is set according to weight so the jumpmaster, for safety reasons, knows how far the jumper will bounce.

"The ankle harness causes no harm, our safety record is perfect, and about one percent change their mind and get their money back. The longer you wait, the less likely it is you'll go," says Andrew Brinsley, manager.



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

More English Than The English

Christchurch is at the edge of the Canterbury Plains, a rich agricultural area opened in 1850 by 782 English settlers. A statue of Queen Victoria stands at the entrance to Victoria Square, many street names boast of an English heritage, and the gently flowing Avon River slices through the center of town. Punts (small, shallow boats with flat bottoms and square ends, propelled by poles) take riders up and down the river, just as they do on the river of the same name in Shakespeare's birthplace.

Christchurch's port, Lyttelton Harbour, named after an English lord, is to the south. It is set in a volcanic cone that opens itself up to the Pacific. Coach tours offer overviews of the city and its history, besides trips to the harbor; many include Devonshire tea. Skiing in the mountains to the west is good through spring. The wizard of Canterbury resides at Cathedral Square, as does the town crier, a historical figure who rings his bell and reads the day's news. Self-guided walks start here.

And The Kiwi Beat Goes On

An Englishman once described New Zealand as "a bloody great farm." He had a point. However, the two-island nation offers more than a rural holiday in a remote destination that seems remarkably like home. Where else can you scale the Alps, explore glowworm caves, steam your dinner in a thermal stewpot, and pick orchids in December?

Pork's New Profile

continued from page 76

1 clove garlic, minced or pressed
1 tablespoon dry vermouth or sherry
Fresh rosemary sprigs (if desired)
Fresh mushrooms (if desired)

Press each pork tenderloin slice to 1" thickness. Heat margarine in large heavy skillet over medium-high heat. Brown pork quickly, about 1 minute each side. Remove from heat. Place cooked pork slices on serving plate, reserving drippings. Keep warm. Add

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mushrooms, onion, rosemary, celery powder, pepper, and garlic to reserved drippings in skillet. Cook over low heat about 2 minutes, stirring frequently. Add vermouth or sherry; stir to blend. Return pork slices to skillet; spoon mushroom mixture over slices. Cover and simmer 3-4 minutes. Place pork slices and mushroom mixture on serving plate. Garnish with sprigs of fresh rosemary and fresh mushroom caps, if desired.

Per Serving (2 pieces):
Calories: 182 Carbohydrate: 2.3 gm
Cholesterol: 51 mg Protein: 26.0 gm
Sodium: 95 mg Fat: 7.0 gm
Diabetic exchange: 3 lean meat

Pork with Artichokes and Capers

(Makes 4 servings)

1 pound pork tenderloin, trimmed and cut into 8 crosswise pieces
2 teaspoons margarine
1 small shallot, finely chopped
1 tablespoon capers, drained
¼ cup low-sodium chicken broth
1 teaspoon Dijon mustard
1 cup artichoke hearts, drained, rinsed, halved
Fresh lemon slices (if desired)
Chopped parsley (if desired)

Press each pork tenderloin piece to 1" thickness. Heat margarine in large skillet over medium-high heat. Add pork pieces; cook 3-4 minutes per side or until pork is tender. Place pork pieces on serving plate; keep warm. Reduce heat to low. Add shallot and capers to same skillet. Cook 1-2 minutes, stirring frequently. Stir in chicken broth, mustard, and artichokes; cook just until thoroughly heated, stirring occasionally. Spoon artichoke mixture over cooked pork pieces. Garnish with lemon slices and sprinkle with fresh chopped parsley, if desired.

Per Serving (2 pieces):
Calories: 187 Carbohydrate: 5.3 gm
Cholesterol: 51 mg Protein: 27.2 gm
Sodium: 206 mg Fat: 6.3 gm
Diabetic exchange: 1 vegetable + 3 lean meat

Sesame Pork with Broccoli

(Makes 6 servings)

1 can (14½ oz.) or 2 cups low-sodium chicken broth
2 tablespoons cornstarch
1 tablespoon low-salt soy sauce
4 green onions, finely diced, including green tops
1 pound pork tenderloin, trimmed
1 tablespoon vegetable oil
1 clove garlic, minced
1½ pounds fresh broccoli, cut into bite-sized pieces (about 7 cups)
2 tablespoons sliced pimento, drained
2 tablespoons sesame seed, lightly toasted

In small bowl, combine chicken broth, cornstarch, and soy sauce; blend well. Stir in green onions; set aside. Cut pork tenderloin lengthwise into quarters; cut each quarter into bite-sized pieces. Heat oil in wok or heavy skillet over medium-high heat. Add pork and garlic; stir-fry 3-4 minutes, or until pork is tender. Remove pork; keep warm. Add broccoli and broth mixture to wok. Cover and simmer over low heat 8 minutes. Add cooked pork and pimento; cook just until mixture is hot, stirring frequently. Sprinkle with sesame seed. Serve immediately.

Per Serving (1½ cups):
Calories: 202 Carbohydrate: 11.3 gm
Cholesterol: 34 mg Protein: 22.9 gm
Sodium: 169 mg Fat: 7.2 gm
Diabetic exchange: ½ bread + 1 vegetable + 2½ lean meat

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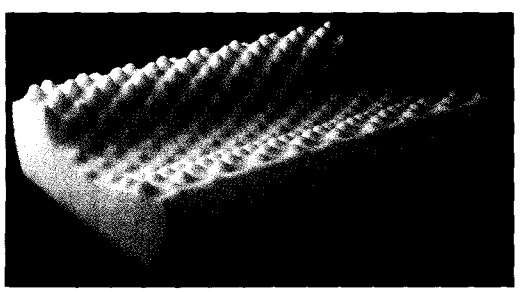

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Mexican Pork Chili
(Makes 6-8 servings)

1 pound boneless pork loin or shoulder, trimmed of visible fat
1 medium onion, coarsely chopped
1½ teaspoons each chili powder, ground cinnamon, ground cumin, and dried oregano leaves
1 teaspoon unsweetened cocoa
8 medium tomatoes, seeded and chopped (about 8 cups), divided
1 can (16 oz.) red kidney beans, drained and rinsed
1 green onion, thinly sliced

Cut boneless pork loin or shoulder into ¾" pieces. Brown pork pieces, one side at a time, in 2-quart saucepan. Pour off drippings. Add onion. Sprinkle chili powder, cinnamon, cumin, oregano, and cocoa over pork and onions, stirring to coat pieces. Stir in 3 cups tomatoes. Bring to boil. Reduce heat to medium-low; cover tightly and simmer 45 minutes. Add kidney beans and continue cooking, covered, 15 minutes. Stir in remaining tomato; garnish with green onion.

Per Serving (1¾ cups):
Calories: 245 Carbohydrate: 30.8 gm
Cholesterol: 29 mg Protein: 20.7 gm
Sodium: 171 mg Fat: 4.1 gm
Diabetic exchange: 2 vegetables + 1 bread + 2 lean meat

Pineapple-Garlic Pork Chops
(Makes 4 servings)

4 boneless pork top loin chops, trimmed of visible fat, cut 1" thick
1 cup unsweetened pineapple juice
⅔ cup dry sherry
2 tablespoons brown sugar
½ teaspoon dried rosemary leaves, crushed
1 clove garlic, crushed

Combine pineapple juice, sherry, brown sugar, rosemary, and garlic. Place chops and marinade in plastic bag or shallow dish. Close bag securely, or cover dish and marinate in refrigerator overnight, turning pork occasionally.

Remove chops from marinade; reserve marinade. Place chops on rack in broiling pan so surface of meat is 4-5" from heat. Broil 11-13 minutes, turning and basting once with marinade.

Per Serving:
Calories: 283 Carbohydrate: 17.6 gm
Cholesterol: 70 mg Protein: 27.5 gm
Sodium: 52 mg Fat: 6.6 gm
Diabetic exchange: 1 fruit + 3½ lean meat

Warm Fajita Pork Salad
(Makes 4 servings)

Marinade:
¼ cup lime juice
¼ cup low-sodium chicken broth
¼ cup 62%-less-sodium soy sauce
1 teaspoon sugar
¾ teaspoon ground cumin
½ teaspoon ground oregano
¼ teaspoon ground ginger
1 tablespoon vegetable oil
1 teaspoon liquid smoke

continued on page 103

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by August 26, 1994.

The winner of the July/August 1994 contest will be announced in the Nov./Dec. 1994 issue.

Our congratulations and a check for $100 go to Amelia R. Engel of Washington, Pennsylvania, for the winning entry in our March/April 1994 caption contest.

This lad is excited preparing
For his feat of adventure and daring;
But the rest are all fussing,
And Dad will be dusting
The seat of the pants he is wearing!

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CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show it's a natural storehouse of vitamins and minerals -- over 93 different components -- to fight what ails you.

Imagine! Just one spoonful of apple cider vinegar is endowed with vitamins, minerals, enzymes, amino acids, nutrients and important pectin and beta carotene.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots

308 Vinegar Home Remedies for a Longer, Healthier, Happier Life

- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

When you read it you'll say: "Is there anything that vinegar is not good for?"

To get your trial copy direct from the publisher at the special introductory price of $12.95 plus $2 shipping and handling simply do this:

Write "Vinegar Preview" on a piece of paper and mail it along with your check or money order payable to: The Vinegar Book, 718 - 12th St. N.W., Dept. F5082, Canton, Ohio 44703.

You can charge to your VISA/MasterCard by mail. Be sure to include your card number and its expiration date. And for even faster service -- credit card orders only -- phone Toll Free 1-800-772-7285, Ext. F5082.

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SPECIAL BONUS - Act promptly and you'll also receive Brain & Health Power Foods booklet absolutely FREE. It's yours to keep just for previewing *"The Vinegar Book."* Supplies are limited. Order today.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"In general, mankind, since the improvement of cookery, eats twice as much as nature requires."—*Benjamin Franklin*

Her B_{12} Injections Are Being Questioned

Dear Dr. SerVaas:

I have been a victim of the "dumping syndrome" for over 30 years, when I had half of my stomach removed for an ulcer in the pyloric section. The letter in the March/April '94 issue from Bernice Hill of Concord, California, was the first time I have seen or heard anything about this terrible condition. The whole article, including your reply, is so helpful, and I am writing for the information offered by NDDIC (National Digestive Diseases Information Clearinghouse). Since I have had many years of experience in dealing with this condition, I am offering some further help for anyone who may be in need of relief.

When I first became ill, there was little known about what happens when the pyloric valve is removed. I had many trips to emergency, and the doctors or paramedics didn't know how to treat the terrible nausea and pain. The ER doctor would start an IV to replace the body fluids and give me a relaxer by injection. After I was stabilized, I would go home and rest for several days. These drastic attacks are less frequent now due to the careful intake of food. One test, of the many I have had over the years, revealed I have a very high intolerance of lactose, which further limits the diet. I cannot tolerate fish of any kind, and meat is very hard to digest, as well as fresh fruit and vegetables. I eat (all cooked) potatoes, vegetables, small amounts of chicken and bread. I use butter sparingly. I use all nondairy products and eat very few desserts, and then only a taste to satisfy the appetite for a sweet.

The CCFA "You've Got to Have Guts" 5K Run/Walk at the Fitness Farm raised money for IBD research. It's time to mobilize and go public for these digestive diseases. The cure for Crohn's disease and ulcerative colitis is long overdue, and the cause remains a mystery.

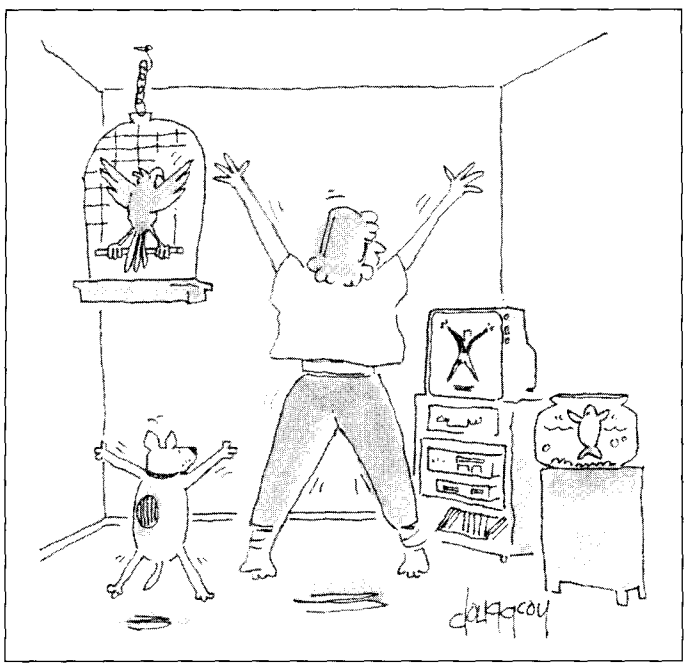
One more thing: the vitamin B_{12} does not assimilate through the digestive system, so I find B_{12} by injection is very helpful, especially now, since I am almost 79 and older people do not have enough B_{12} anyway.

I would be happy to communicate with anyone who may need a kindred soul to support them, and I will pass all the information from NDDIC on to my doctor.

I deeply appreciate the attention you have given in the *Post* (my favorite publication) to this drastic condition.

There is recent news of an antibiotic which treats stomach ulcers, so perhaps in the near future there will be no need for this drastic surgery.

Louise Phillips
Modesto, California



Thank you for your letter. We've asked Dr. Christian Jansen to respond to your comments about B_{12} by injections. Dr. Jansen has been trying for more than 33 years to convince the medical establishment that B_{12} can be given just as well by mouth. His comments and related articles begin on page 46 of this issue.

Diabetic Concerns

Dear Dr. SerVaas:

I have a question about diabetes. I took a test given on TV that said: "Give yourself three points if you are constantly drinking, and three points if you are urinating often. (I have to void 30 times a day. I don't get up at night to go to the bathroom.) Give yourself two points if you have periodic blurred vision."

That gave me eight points, and Paula Zahn said, "If you have more than five points, then you might be at risk for diabetes." I went to get a diabetes dipstick that I've seen in the drugstore. I tested my urine, but the test

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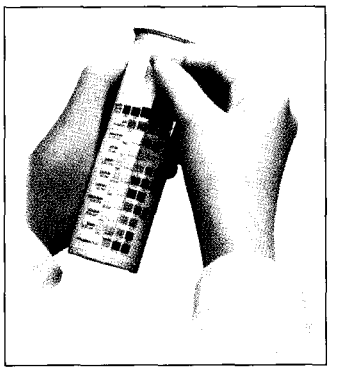
showed no glucose. Can one be getting diabetes and still not have any glucose in the urine? Is that sometimes late in the course of the disease?

The doctor being interviewed said that one half of the people with diabetes don't know they have it. Is the urine test sufficient to know that one isn't becoming a diabetic?

Marcia Taylor
Kansas City, Missouri



A urine dipstick is a painless way to screen for glucose in the urine, but frequent monitoring of glucose in the blood is more accurate for diabetics.

We went to Dr. Moazzam Habib with your questions on diabetes. Dr. Habib is a consultant in endocrinology and metabolism and is affiliated with St. Vincent's Hospital in Indianapolis. This is his response:

"In reply to your query regarding the possibility of your having diabetes and its not showing up on the urine test, I would like to explain the following to you.

"The urine test for sugar is the least sensitive test to diagnose diabetes mellitus. It will only show up positive if your blood sugar is above 200 or 250 (depending on age). Therefore, if your blood sugar is, say, 150 or 180 (high by any standards), it would still show up negative on the dipstick. Also, this test is interfered with by other substances such as vitamin C. The more reliable test is to have a fasting or random blood sugar check.

"If you have suspicions regarding diabetes mellitus, I suggest you consult your local health practitioner."

Symptoms of diabetes include excessive thirst, frequent urination, fatigue, unexplained weight loss, and occasional blurry vision. Your risk for developing the disease is increased if you are over 40, overweight, are of Native American, Hispanic, or African descent, or have a parent or brother or sister with diabetes.

Diabetes mellitus affects about 10 million people in the United States, and probably another 10 million have the disease but do not know it. Some people may go five or six years before discovering their disease. The body is not able to change foods into the energy needed to keep it functioning properly. Complications of diabetes are a frequent cause of blindness and kidney failure. Although there is no known cure, diabetes can be controlled in most people by medications and lifelong attention to diet and exercise.

Excessive Sweating Is A Problem

Dear Dr. SerVaas:

I recently called your magazine seeking a solution to a medical problem my daughter is having, and they suggested I write to you directly.

For the majority of her teenage years and into her 20s, she has had a severe problem with sweating hands. This is not a normal case where, when nervous, they become damp. Instead, her normal, not-under-pressure hand condition is damp to wet. She literally has to wipe her hands continually on her clothing to keep them dry enough to do homework, type on a computer, etc.

Then, when she comes under any stress at all, they will drip like a faucet. The stress can be just the thought of having to shake hands with another person she has just met, or having to hold hands around a family prayer circle.

I have taken her to a dermatologist repeatedly throughout the years, trying to find a cure for her problem, but to no avail. She has used Drysol for several rounds with no relief. The doctor has told her that Drysol is the strongest medicine he now has available.

I remember reading in the *Post* about being able to cure sweating feet with a tea therapy, although I cannot recall exactly what you were to do. I was wondering if this therapy would cure her hands, even if they stain her hands for several weeks, or if you were aware of any new medicines she could use to stop this embarrassing problem.

I know of one other cure that requires surgery to the back of the neck where, I believe, the nerves that control perspiration to the hands are located. In my opinion, this is simply too drastic of a step, but one that my daughter is seriously considering.

Thank you for your attention to this matter. I look forward to hearing from you at your convenience.

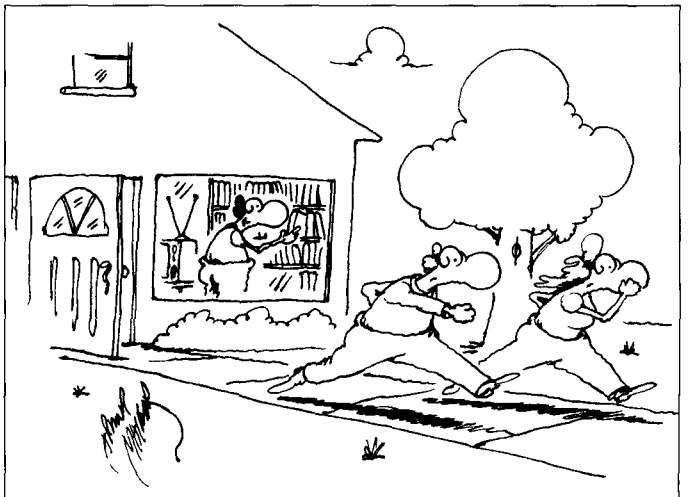
Kathryn H. Hunt
Cleburne, Texas

Your daughter is suffering with localized *hyperhidrosis*, or excessive perspiration due to overactivity of the sweat glands in her palms. The cause of this condition is unknown and usually occurs in otherwise healthy individuals. Unfortunately, we are unaware of any treatment other than Drysol. Did she try covering the treated area at night with saran wrap held in place by a snug mitten or sock? The treated area is then washed the following morning. Excessive sweating may be decreased after a couple of treatments before applying Drysol as needed. Perhaps our readers have other suggestions.

Vaginal Discomfort

Dear Dr. SerVaas:

My wife is suffering from a condition known as vulvodynia or vulvar vestibulitis. This is a constant and terrible burning in the vulvar area of her vagina. This is



". . . . and, thanks to the miracle of modern technology, it is now possible for me to show you an actual movie of the inside of my colon."

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caused by the crystallization of calcium oxalate in her diet. Even though she is on a strict diet, she has no relief. Doctors don't seem to know much about this problem. Can you help?

Name and hometown withheld

Dear Dr. SerVaas:

Thank you for an excellent magazine. Most helpful is the "Medical Mailbox" each month. I clip and save this part when the magazine gets old.

For nine years now, after seeing five gynecologists and three dermatologists, and after all kinds of tests, I've been diagnosed as having burning vulva syndrome. Very little seems to be known at this time. At the present, I'm trying mixed creams—three parts betamethasone 0.1 percent to one part Eurax (at times very painful).

Any information you can give will be appreciated. Do you know if research is being done on this problem? Thank you so much for your help.

Name and hometown withheld

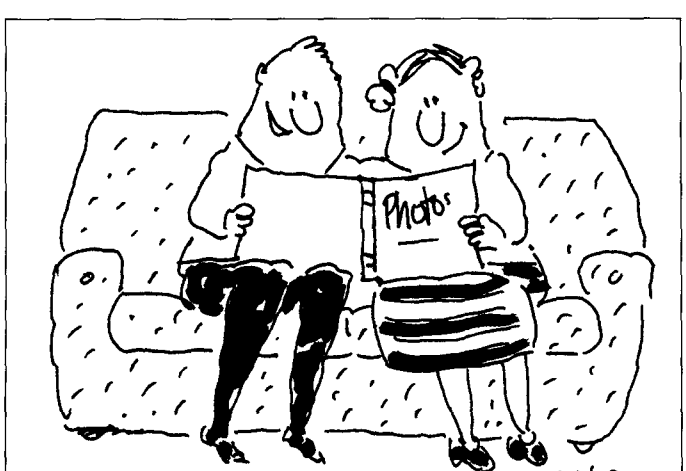
We forwarded your letters to Robert A. Munsick, M.D., Ph.D., Indiana University (IU) Medical Center Department of Obstetrics and Gynecology. He has a special interest in this condition, and his comments follow:

"The causes of chronic, continuous vulvar pain can run from herpes zoster infections (shingles), to neuritic pain originating from the spine to the vulva, to vitamin deficiencies, to skin disorders, to vaginal and vulvar infections, to scars from previous operations, to recurrent injury, to allergic reaction to perfumes, detergents, semen or saliva, to hysterical or psychological pain.

"My recommendation is to obtain an opinion from a gynecologist or dermatologist who is highly reputed in the treatment of vulvar diseases.

"In reference to the first letter, if the pain is indeed constant and not particularly related to sexual intercourse, tampon insertion, or tight-fitting pants, it does not sound like the usual case of 'vulvar vestibulitis,' where tenderness is usually limited to the hymen. Expert evaluation is mandatory. What does your doctor say about the problem, and does he or she have a consultant to recommend?"

C. William Hanke, M.D., at the IU Medical Center Dermatology Department offered this additional advice:



"Yeah, those were the lean years—I had a neck and you had a waist."

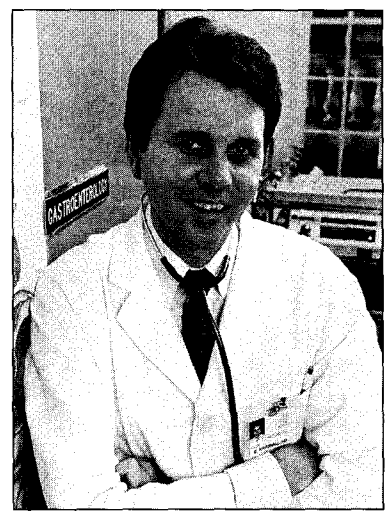
"Vulvodynia, or burning vulvar syndrome, is a frustrating problem for patients, spouses, and physicians. There are multiple causes. It can affect women in their 20s to women in their 80s. There are no magic cures, but a precise diagnosis can lead to treatment that is more likely to be effective. It is ideal if a patient can consult both a dermatologist and gynecologist. Oftentimes, a university dermatology department will have a faculty person who has a special interest in this type of problem."

Patients can receive support by writing the Vulvar Pain Foundation, P.O. Drawer 177, Graham, NC 27253. The Vulvar Pain Foundation publishes a newsletter for patients.

Cured of Irritable Bowel Syndrome

Dear Dr. SerVaas:

I was extremely interested in your article "The Ulcer Cure from Down Under," in the May/June '94 issue of *The Saturday Evening Post,* as I accidently cured my chronic diarrhea (irritable bowel syndrome) with amoxicillin and aspirin.



Hoping that lightning will strike twice, the *Post* is betting on Australian Dr. Barry Marshall to help find a cure for Crohn's and ulcerative colitis. He attended *The Saturday Evening Post* ball/CCFA fundraiser in Indianapolis.

I was given amoxicillin for a sinus infection. (I have no record of the amount.) At the same time, I had a bad back after yard work and was taking 375 mg acetylsalicylic acid, 15 mg caffeine, and 8 mg codeine approximately twice per day for the pain in my back.

The antibiotic I took for ten days, and the painkiller for about a week. Since that time —about five years ago—I have had more or less normal bowel movements about twice a day.

Mary J. Foxton
Sparks, Nevada

Impact of Incontinence

Dear Dr. SerVaas:

We were ecstatic to see the complete and wonderful coverage of inflammatory bowel disease that was done in the Jan./Feb. '94 issue. As an enterostomal therapist, I have long been involved in the care of patients with IBD who have gone on to have ostomy surgery. I thought every aspect of the presentation of the disease and the good and the tragic outcomes were superb.

That leads me to the second purpose of this letter, which is to say I think that now the *Post* is perfectly poised to give in-depth coverage to the problems, treatments, and management options associated with urinary and bowel incontinence. As you know, incontinence affects up to 25 million Americans and exacts an enormous economic, psychologic, and health toll on those who suffer from it, their caregivers, and our nation. One

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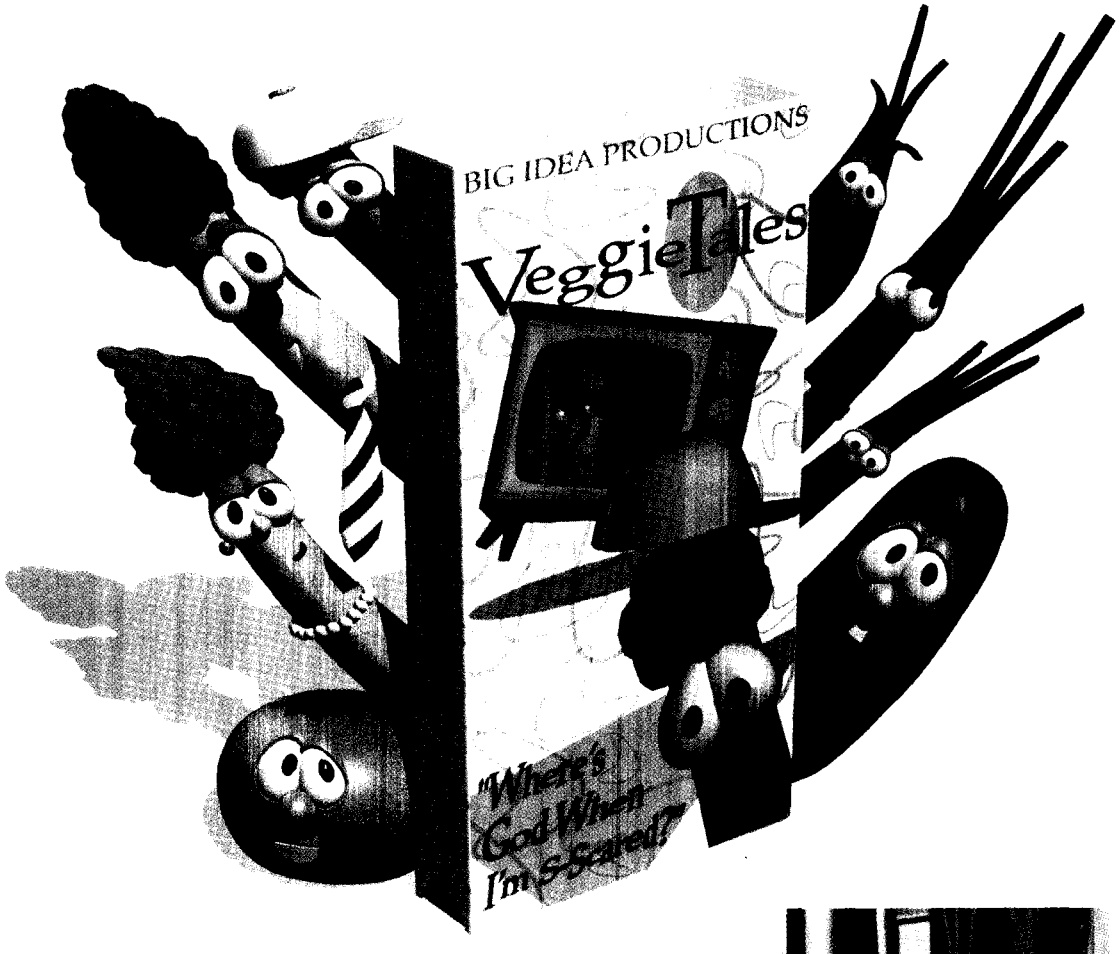
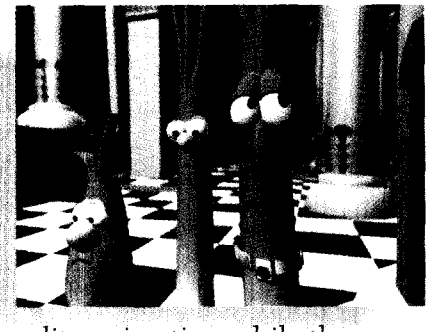
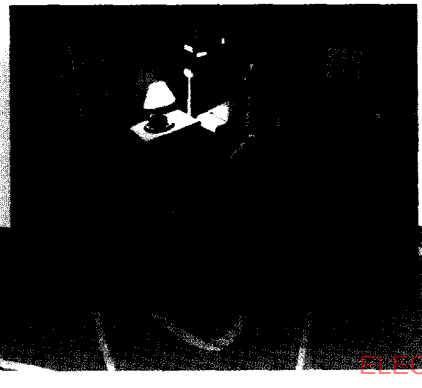
Sunday morning values, Saturday morning fun!





A tomato named Bob, a clumsy cucumber named Larry, and three singing scallions. Throw in a whole family of asparagus, and a whole lot of fun, and you've got VeggieTales! A new, fully computer animated series from Big Idea Productions. In the first episode, "*Where's God When I'm Scared?*," kids will be delighted by 7 original songs and 30 minutes of eye-popping, network quality animation while they learn how God helps us handle everyday fears. Future episodes will tackle forgiveness, thankfulness, talking to God and other kid-sized theological questions.



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EVERLAND ENTERTAINMENT

W. WORD

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"First the good news. Now you'll be able to park your car in the handicapped zone..."

of your writers, Carol Krucoff, is quite familiar with the subject.

I would be delighted to put you in touch with physician and nurse authorities on the subject and patients who are all too willing to discuss the impact of incontinence on their daily lives. You might be interested to know that one man with post-prostatectomy incontinence was so devastated and frustrated by his situation that he gave HIP a grant of $22,000 for the purpose of developing a model for a multispecialty continence clinic. We have just accomplished this task and will soon be promulgating this information.

Dr. SerVaas, the time is right. The subject needs the kind of coverage that you have shown that you can give to a condition that has heretofore been "untouchable" because of its lack of glamour and/or because of societal stigma and taboo. Thank you for rising to this challenge!

Katherine F. Jeter, Ed.D., Executive Director
HIP (Help for Incontinent People)
Spartanburg, South Carolina

Scratching the Surface

Dear Dr. SerVaas:

I have the identical itching problem described by Ruth Steppe from Madison, Indiana, included in your Jan./Feb. '94 issue.

I have suffered from this problem for years. The itching is worse at night. I am taking Chlor-Trimeton at bedtime, and I think it helps a little. Doctors just shake their heads.

For six years, I have been on a daily maintenance dose of Macrodantin (which I take at dinnertime) to control a chronic urinary tract infection. Somehow I feel there is a connection between the Macrodantin and the itching, but there seems to be no way I can get off the Macrodantin. If Ruth Steppe finds a solution, I would like to hear from her.

Junile Seeling
Santa Ana, California

Dear Dr. SerVaas:

Regarding Ruth Steppe of Madison, Indiana, whose scalp and face itched so badly... I have had the same problem and for ages didn't know the cause or treatment. It began when I was a child and seemed to become worse when I was in a crowd of people, making me think it was stress-related, until I noticed it was bad in the car with my mother and at home when both parents were home... and then I noticed it was when I was with people who smoke!

Low doses of antihistamines, avoiding smokers when they are smoking, and frequent shampooing solved it for me! Hers may be a smoke allergy or another airborne substance.

Catherine Cline
Jacksonville, Florida

Terrifying Moles

Dear Dr. SerVaas:

First, I'd like to reiterate the sentiments of so many people: "*The Saturday Evening Post* is T-O-P-S!"

In my old age, I especially like the medical pages. I learn much from reading other people's troubles—with the answers given.

My problem is moles—by the hundreds—on my back, neck, and arms. The dermatologists I have seen tell me it is hereditary and recommend lotions twice a day.

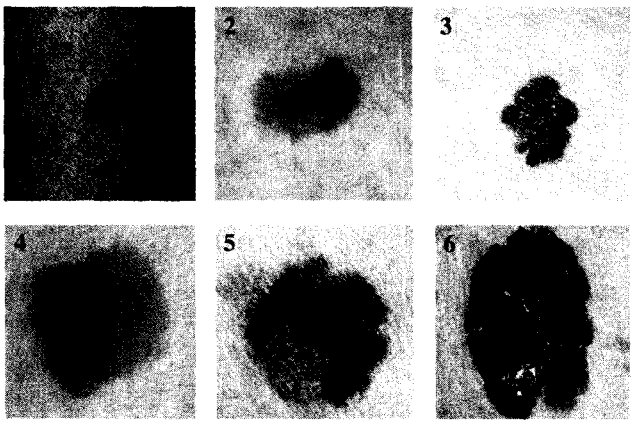
The daily problem with them is itching. When a new one starts as a little red bump, it itches on and on—terrifying!

If you find anyone who hears about or knows of any treatment that might work, I would like to hear it.

Thanks for your contribution to the health of the subscribers, and may God bless you for editing a magazine with a tone of old-fashioned "goodness."

Lura M. Wallace
Alpharetta, Georgia

We're sure your dermatologist has cautioned you about watching your moles for signs of malignant melanoma, a very dangerous skin cancer that can be fatal if not excised soon enough. Please examine the malignant melanomas below.



A normal mole (1) is an evenly colored brown, tan, or black spot either flat or raised. It may be round or oval and will have sharply defined borders. A malignant mole, on the other hand, will be asymmetrical (2), with irregular or blurred borders (3), and mottled shades (4). It may increase suddenly in size (5) and become scaly, or it will ooze or bleed (6).

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Official Norman Rockwell Centennial Collectors' Gift Guide

For easy ordering see page 102

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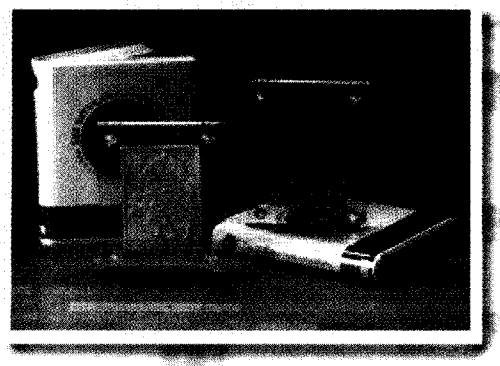

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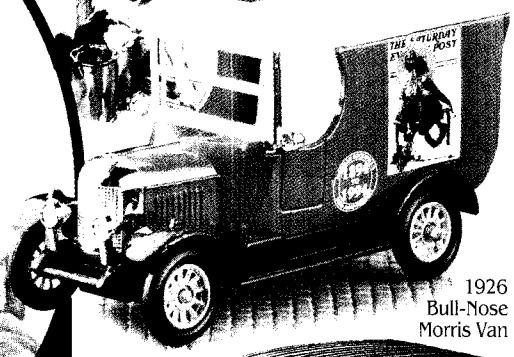

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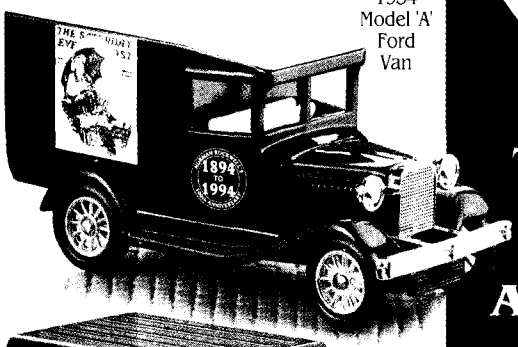
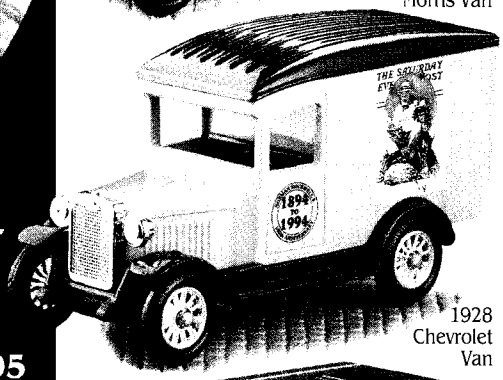
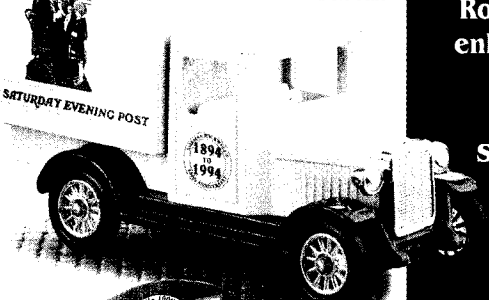
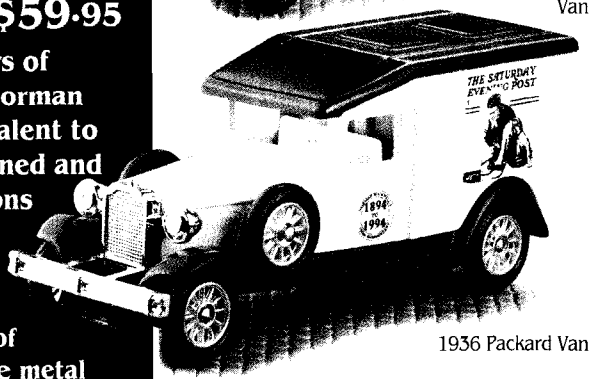




1928
Chevrolet
Van

1928
Chevrolet
Box Van





1936 Packard Van

The Norman Rockwell-Saturday Evening Post Centennial Collection All Six Models $59.95

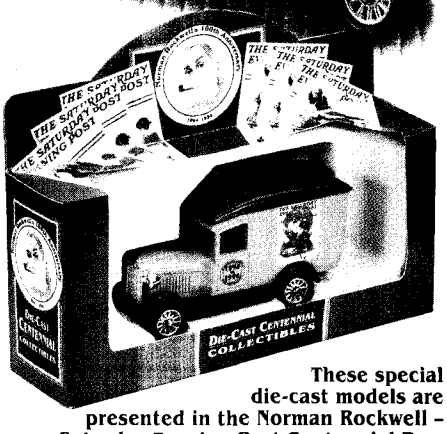
Through the famous covers of *The Saturday Evening Post* Norman Rockwell used his masterful talent to enlighten us all with impassioned and heart-warming illustrations of life in America.

Six of the best-loved covers are reproduced in glorious color on both side panels of these highly collectible metal models, replicas of vehicles used to deliver *The Saturday Evening Post*. Even the year of each model is in keeping with the date of the cover.

This special Centennial Collection is rich in detail with a deep enamel paint finish and moving wheels. It has been made with pride and precision to celebrate the distinguished work of Norman Rockwell and his inspired partnership with *The Saturday Evening Post*.

Models are approximately 3½ in. in length and 1½ in. high.

MADE IN ENGLAND, ASSEMBLED BY HAND & COLLECTED THROUGHOUT THE WORLD



These special die-cast models are presented in the Norman Rockwell – Saturday Evening Post Centennial Box.

The Norman Rockwell–Saturday Evening Post Centennial Collection is manufactured by Lledo PLC and is part of the famous 'Days Gone' series of cars and trucks.

DAYS · GONE
VINTAGE · MODELS
MADE BY LLEDO PLC

COLLECTIBLE DIE-CAST MODELS MADE IN ENGLAND

YOUR SET FOR LIFE

CALL 1-800-558-2376

Monday thru Friday 8AM-5PM EST

TO PLACE YOUR ORDER VIA MASTERCARD OR VISA OR SEE ATTACHED ORDER FORM TO MAIL IN ORDERS.

SATISFACTION GUARANTEED

If you wish to return any purchase you may do so within 30 days of your receipt of that purchase for replacement credit or refund

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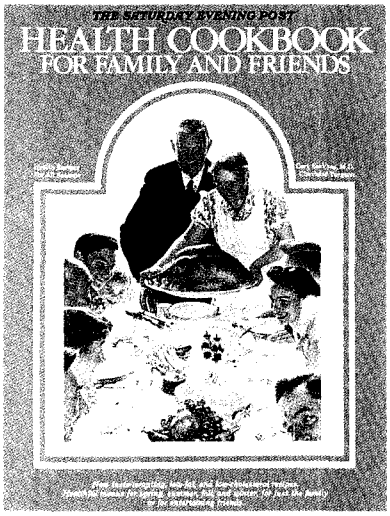
Not Another Cookbook!



Well...yes, but not just *any* cookbook. *The Saturday Evening Post Health Cookbook for Family and Friends* is unique because its 112 pages are sprinkled with illustrations from the pages of the *Post*, many by Norman Rockwell. There are more than 120 recipes, each of which are low in fat and sodium and high in fiber. These recipes are divided by seasons: lighter fare for the warmer months and hearty meals for when the chill winds blow. In addition, some recipes are designed to serve intimate luncheons for four, while others can serve buffet dinners for up to 12. Also, you won't have to worry that your guests might find these meals bland.

Here is a tempting sample of what you'll find as you turn the pages: Baked Trout with Herbs, Parmesan Asparagus, and Deviled Rock Cornish Hen. Plus, there's Chilled Cucumber Tarragon Soup, Vidalia Butternut Squash, and Light Raspberry Mousse. All of them are not only delicious, but healthy as well!

You can add this cookbook to your collection by sending a check or M.O. for $6.95, plus $1.50 for shipping and handling to: AFPM, P.O. Box 1144, Indianapolis, IN 46206 (Buy another because it makes a great gift, too!)

Bon appétit!

4

NORMAN ROCKWELL T-SHIRT COLLECTION

100% Cotton T-shirts.
Retail price $18.00
Sizes M, L, and XL

A) The Golden Rule
B) No Swimming
C) The Gossips
D) The Discovery
E) Triple Self-Portrait
F) Rosie the Riveter
G) Girl at the Mirror
H) Sunset
I) The Dugout
J) Bottom of the Sixth
K) The Runaway
L) Doctor and Doll
M) 100th Year of Baseball

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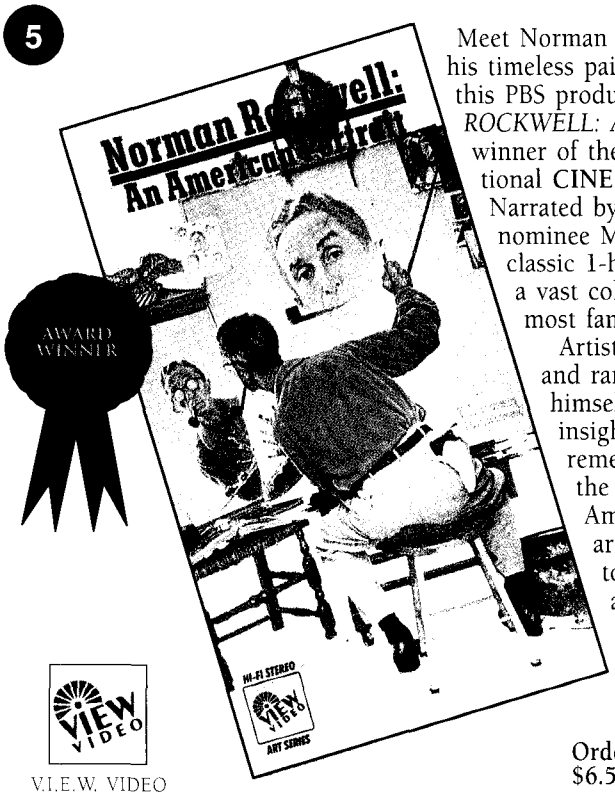
THE AWARD WINNING VIDEO

5



Meet Norman Rockwell and watch his timeless paintings come to life in this PBS production, *NORMAN ROCKWELL: An American Portrait*—winner of the prestigious international CINE Golden Eagle Award. Narrated by 3-time Emmy Award nominee Mason Adams, this classic 1-hour program features a vast collection of Rockwell's most famous works.

Artists, historians, friends and rare footage of Rockwell himself offer fascinating insight and heartwarming remembrances, celebrating the life and work of America's best-loved artist. A timeless video to be cherished time and again.

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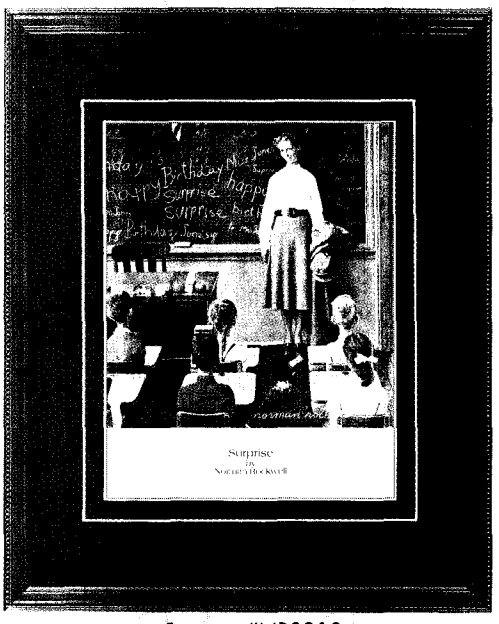
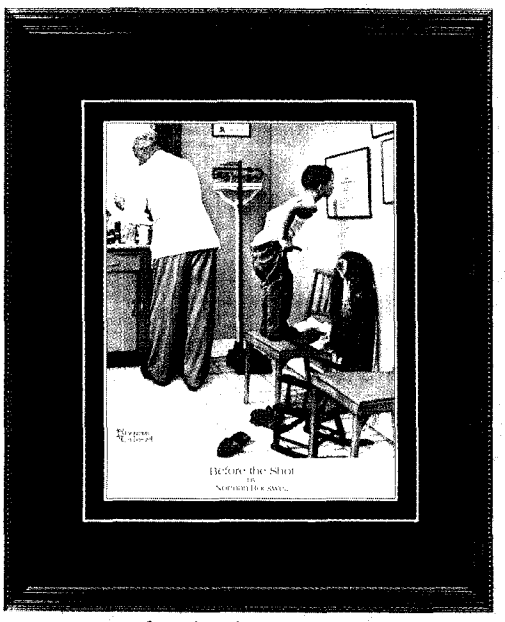
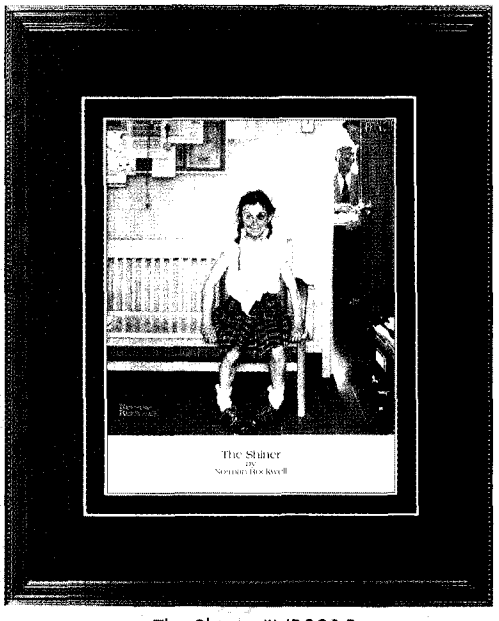
America's most cherished works of art.



Surprise #NR0219



Before the Shot #NR0210



The Shiner #NR0215

The Soda Fountain #NR0248

Norman Rockwell's art captured the cherished ways of America and its people. Now you can own a piece of that history. These beautifully framed and matted 17 3/4" x 21 3/4" lithographs will enhance any decor. You will enjoy these works of art for years to come. Everyone loves his paintings, so they would also make a fantastic gift. If you act now you can buy three and we will give you the fourth one absolutely free. If you are not totally delighted with your purchase, you may return them within 30 days for a full refund.

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my check for $29.95 each is enclosed, plus $5.50 each for shipping and handling.

❑ Please send all four, my check for $89.85 is enclosed plus $12.50 for shipping and handling. ***I save $29.95.***

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Norman Rockwell
Reflections of a Master

Celebrate the birthday centennial of this beloved artist with a specially-priced Plate & Figurine Gift Set.

With his vivid portrayals of everyday life, Norman Rockwell created a classic American art form. Through his cherished depictions of small-town America at work and at play, he embraced meaningful moments from ordinary lives.

Introducing a wonderful opportunity to own one of Rockwell's most whimsical works, recreated in a collectors' limited edition. His unique *Triple Self-Portrait* is now beautifully recaptured with this magnificent plate and matching porcelain figurine set.

This set is the perfect addition to any Norman Rockwell memorabilia collection, and it's available now in limited quantities for just $145.00 (plate and figurine are sold separately for $55 and $100, respectively).

The plate is made in the USA of exquisite bone china and measures 10-1/4" in diameter. The matching porcelain figurine is a masterful, three-dimensional interpretation of the original illustration, and stands 4-1/2" high. This special gift set will recall fond memories for generations of Rockwell lovers to treasure for years to come—so don't miss the chance to order yours now!

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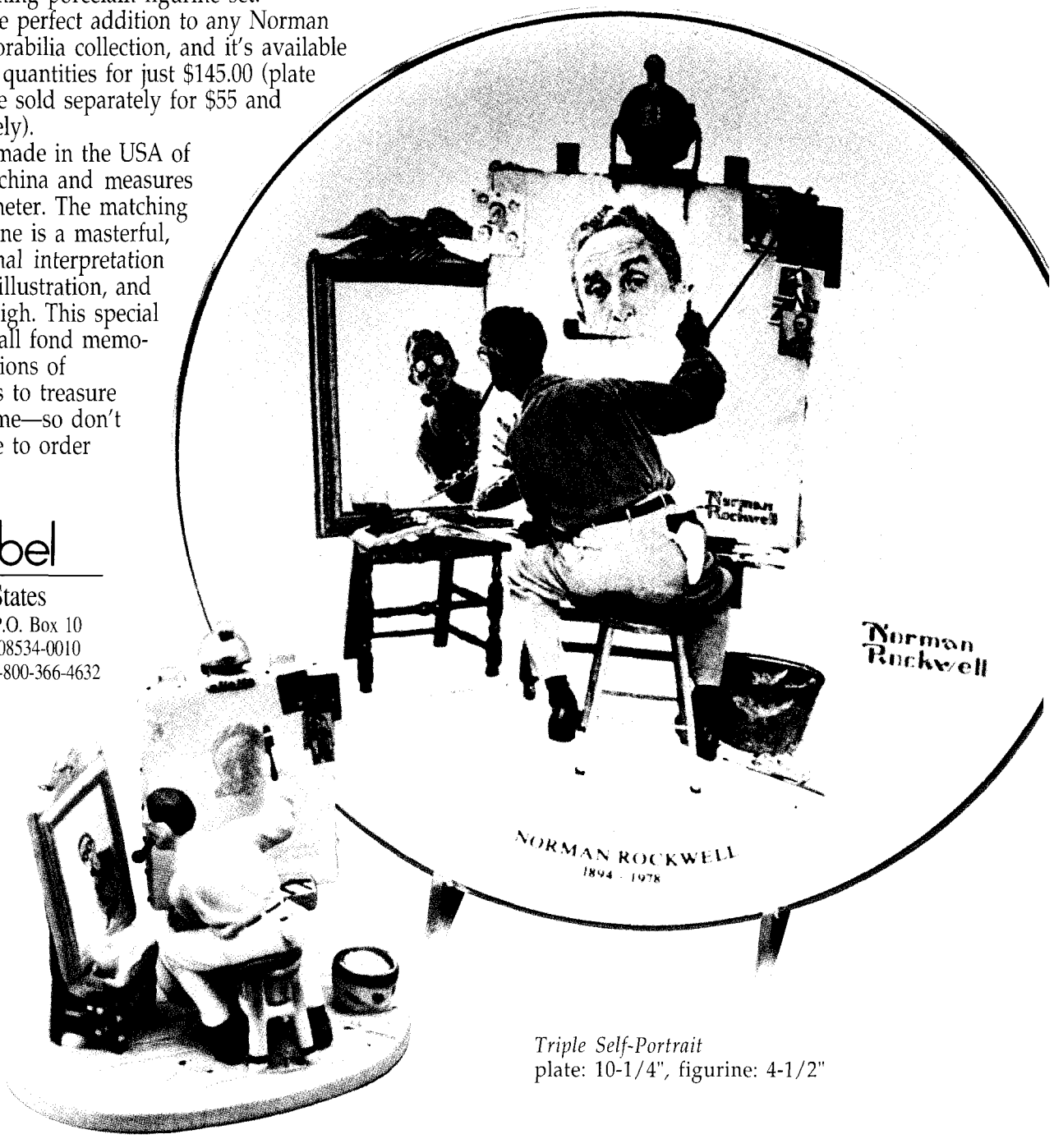
Phone Toll Free: 1-800-366-4632



Triple Self-Portrait
plate: 10-1/4", figurine: 4-1/2"

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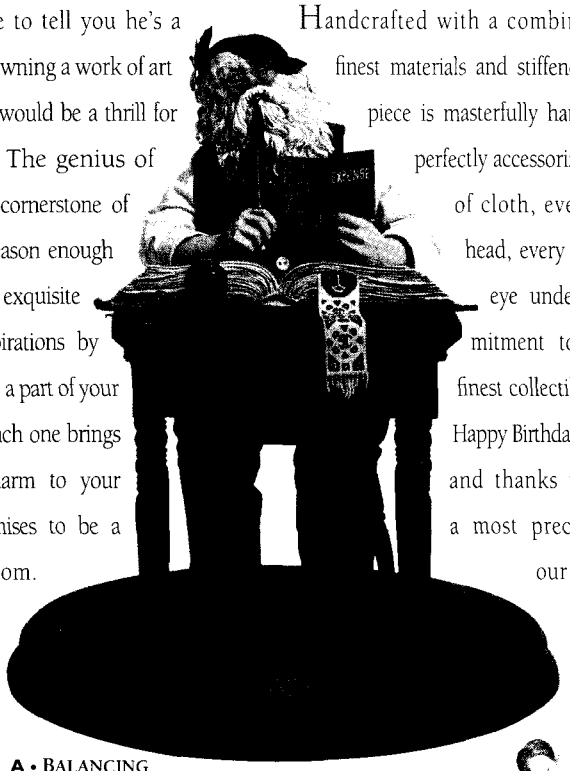
8

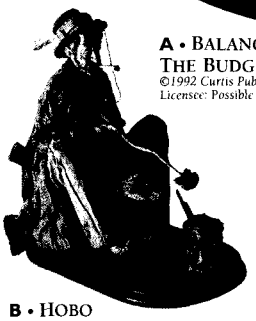
IT'S ROCKWELL'S BIRTHDAY, BUT YOU GET THE GIFT.

Make a wish for these gorgeous Clothtique® originals inspired by the Saturday Evening Post covers by Norman Rockwell.

We don't have to tell you he's a legend. Or that owning a work of art inspired by him would be a thrill for any collector. The genius of Rockwell is the cornerstone of American art. Reason enough to make these exquisite Clothtique® inspirations by Possible Dreams® a part of your life right now. Each one brings warmth and charm to your home and promises to be a priceless heirloom.

Handcrafted with a combination of the finest materials and stiffened cloth, each piece is masterfully handpainted and perfectly accessorized. Every fold of cloth, every tilt of the head, every twinkle in the eye underlines a commitment to present the finest collectibles anywhere. Happy Birthday, Mr. Rockwell and thanks for capturing a most precious time in our history.





A • BALANCING THE BUDGET
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B • HOBO
©1989 Curtis Publishing Co.
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C • THE MARRIAGE LICENSE
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D • LOVE LETTERS
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A. "BALANCING THE BUDGET" is 11 inches in height—$100
B. "HOBO" is 11½ inches in height—$130
C. "THE MARRIAGE LICENSE" is 11¾ inches in height—$160
D. "LOVE LETTERS" is 11 inches in height—$140

$5 is required for each item to cover shipping and handling.

To order one or more Clothtique® Originals (they make wonderful gifts), simply fill in section number 8 on the order form at the end of the Collector's Gift Guide (along with your name, address, and payment information in the spaces provided on the order form), fold it as indicated, apply postage, and drop the form in the mail. It's just that easy. Your Clothtique® originals by Possible Dreams® will be on their way to you within 6 weeks. For faster service, have your credit card ready and dial 1-800-558-2376 to place your order.

9

NORMAN ROCKWELL
Elegant Antiqued Mirrored Timepiece

1. Runaway, 9-20-58
10" x 18" Rich Oak Wood Frame
also available
2. Girl in the Mirror, 3-6-54
3. Saying Grace, 11-24-51
4. Do Unto Others, 4-1-61
$45 + $3 p&h
Dealer Inquiries: 800-530-9499

10

The Rockwell MOUSE PAD

Enjoy cherished works of art on your desktop. This unique Mouse Pad comes with two removable 6"x 7.5" prints beneath its clear top.

Special Centennial Collection Edition only *$17.95 each.

*mouse pad $9.95, set of prints $5.95, plus $2.05 shipping and handling. Allow 4-6 weeks delivery.

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Saturday Evening Post illustrations by Norman Rockwell himself enhance each First Day Cover.

Five new U.S. stamps celebrate the *Four Freedoms* and the genius of Norman Rockwell's immortal art.

The Official First Day of Issue postmark of July 2, 1994, certifies the Official First Day Covers of the new stamps.

Actual size 6½ by 3⅝ inches. Stamps and postmarks are artist's concepts.

11

The Glory of Norman Rockwell

The Official First Day Covers of America's new postage stamps, available exclusively from Fleetwood

Only $2.50 each — Just $10 for the Complete Set of five!

Norman Rockwell's illustrations for the *Saturday Evening Post* created a heartwarming portrait of the nation he loved. His paintings capturing the meaning of Franklin Roosevelt's famous *Four Freedoms* inspired Americans to redouble their efforts to fight tyranny and win World War II. Now, to celebrate the 100th Anniversary of his birth, America recognizes its most beloved artist with *five* new postage stamps. The stamps celebrate the Four Freedoms. Freedom of speech. Freedom of worship. Freedom from fear. Freedom from want. And the artist himself. While they may be available at Post Offices for months, *now* is the time for you to reserve their *First Editions* . . . the Official First Day Covers authorized by the Norman Rockwell Family Trust. Certified by the Official July 2, 1994, First Day of Issue postmark of Stockbridge, Massachusetts — Rockwell's home town — they're produced in full color, complete with famous *Saturday Evening Post* illustrations by Norman Rockwell himself. Individual First Day Covers are just $2.50. ***The complete set of five is only $10.*** Order today for yourself, or as a gift, from Fleetwood, One Unicover Center, Cheyenne, WY 82008-0001. Satisfaction Guaranteed.

©1994 Fleetwood® BFTY-DZ01

ORDER TODAY!

Fleetwood **BFTY-DZ01**
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Individual Official First Day Covers:

FREEDOM OF SPEECH	FREEDOM OF WORSHIP	FREEDOM FROM WANT	FREEDOM FROM FEAR	SELF-PORTRAIT
QUANTITY	QUANTITY	QUANTITY	QUANTITY	QUANTITY

Total Quantity above _____ ($2.50 each) ..... $ _____

Complete Sets of five Official First Day Covers:

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TOTAL ORDER ..... $ _____

Prices include shipping and handling.

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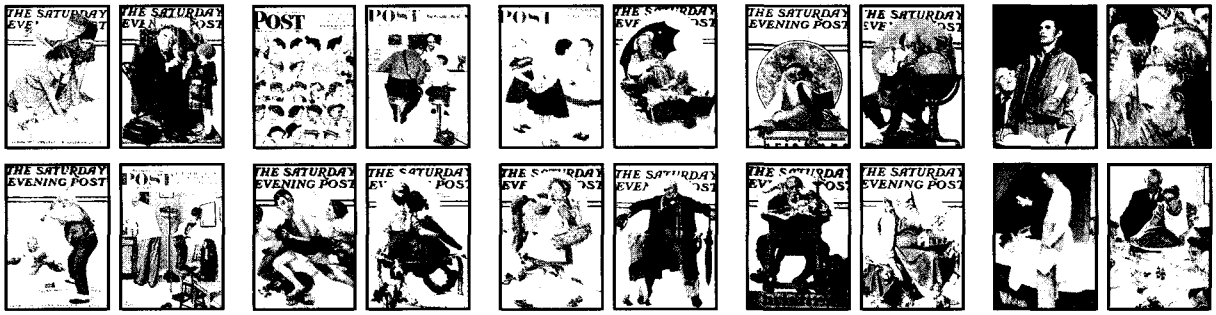
Your order will be acknowledged. Allow eight to 12 weeks after the July 2, 1994, issue date for shipment. Established in 1929, Fleetwood is a division of Unicover Corporation. Licensed by the Norman Rockwell Estate Licensing Company. Authorized by the Norman Rockwell Family Trust. ©1994 The Curtis Publishing Company.

12

UNIQUE EASEL BACK COLLECTORS MAGNETS

ADORN YOUR DESK OR SHELF AS WELL AS YOUR FRIDGE WITH THIS MINIATURE COLLECTION OF NORMAN ROCKWELL'S FAMOUS PAINTINGS

These are America's only officially licensed Norman Rockwell magnets. Collect them all! Young and old alike will enjoy these classics of Americana over and over again. These large 2" x 3" magnets have our unique pop out easel on the back. You can use them as a regular magnet or pop open the easel to create a picture gallery on your desk or shelf. These designs are exact reproductions from the archives of the Saturday Evening Post. Magnets make great gifts and stocking stuffers. Our large selection of designs allows you to pick the perfect image for your friends and loved ones.



ASST. A ASST. B ASST. C ASST. D ASST. E

(FOUR FREEDOMS)

Magnets are sold by the assortment of 4 for $16.00. That's only $4 each.

FREE GIFT - Buy 2 assortments and receive a FREE triple self portrait magnet. Buy 3 assortments and receive 3 FREE magnets - a triple self portrait and 2 other famous designs not shown. Add $2.95 shipping and handling and see order form in back of catalog OR call us toll free at 1-800-558-2376 and have your credit card ready.

DEALER INQUIRIES - Omnitech Designs 6722 NW 18th Dr. #1 Gainesville Fl. 32606

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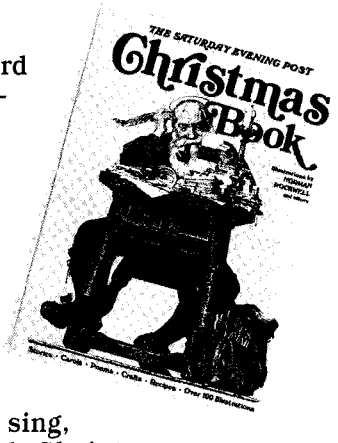
Sometimes touching...
Sometimes humorous...
Always entertaining, the

Christmas Book

from *The Saturday Evening Post.*

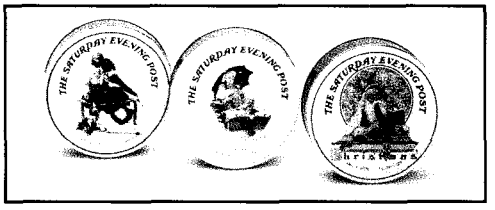


This 144 page, hard cover book (a generous 9" x 12") offers wonderful Christmas stories from the pages of The *Post* and writers such as O'Henry, Chalres Dickens, Laura Ingalls Wilder, and Mark Twain. There are songs to sing, recipes to fix, and Christmas crafts to try. There are also over 100 beautiful, full color illustrations by Norman Rockwell and other famous *Post* artists to bring the stories to life. It makes a great gift or just get one for yourself and enjoy a little Christmas cheer.

To get your *Christmas Book*, send your name and address with a check or M.O. for $12.95, plus $3 dollars for postage and handling, to: AFPM, P.O. Box 1144, Indianapolis, IN 46206.

13 Rockwell Cookie Tins and Canister Sets

Norman Rockwell's enduring images captured forever in durable decorative metal tins. Proudly displaying the hand work of America's most beloved artist, these tins are perfect for the kitchen, playroom, den or office.



Three different Rockwells in each set for only $8.95 per set...but SAVE and get BOTH sets for just $15.95. That's six **ROCKWELL** illustrations for you forever on these classic, timeless tins.

Get several sets for gifts and let friends and family join you in celebrating ***ROCKWELL'S*** 100th birthday.

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14 Norman Rockwell Tapestry Pillows

1A - 100 Years of Baseball
Actual size of all pillows—17" x 17"

1B - Bottom of the Sixth

1C - Triple Self-Portrait

1D - Girl in the Mirror

Norman Rockwell's most cherished and famous paintings are meticulously reproduced on cotton tapestry pillows. These Norman Rockwell pillows will become collector's items. Perfect for living room, den, bedroom, family room, boy's room, girl's room, office and work place.

The perfect gift for Christmas, birthdays and special occasions. The pillows are 17" x 17", corded and reverse to 100% cotton. One pillow at a time for just $25.00, or choose any combination of four for only $20.00 each, plus $5 postage and handling for each order.

As a bonus for this special occasion, with the purchase of a set of four pillows, receive a surprise fifth* pillow FREE!

* We reserve the right to choose which pillow will be sent free of charge from our selection of pillow designs. Some may not be shown here.

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Norman Rockwell Collectible Gifts Order Form

For your convenience, all orders and payments may be sent with this order form. Just circle the gifts you select. Then remove and mail entire page. Fold, tape, and mail in our self-addressed, "recycled" envelope. All products may also be ordered by calling 800-558-2376, or by calling the individual companies listed on this page.

1 Benjamin Franklin Statuette	To order the Benjamin Franklin Statuette, check the appropriate box ❑ Edition price - $800; ❑ Artist Proof—$950 *(while available).* Add $40 for S&H. Make check or M.O. payable to: *Randall Productions Co.; to order, call 800-558-2376.*
2 Silver and Bronze Minted Covers	Order covers by checking the box for the item(s) desired. Silver Edition—$240 each ❑ "100 Years of Baseball" ❑ "Bottom of the Sixth" ❑ "The Dugout" ❑ "Sport" Bronze Edition—$65 each ❑ "100 Years of Baseball" ❑ "Bottom of the Sixth" ❑ "The Dugout" ❑ "Sport" Make check or M.O. payable to: *Pacific Heritage Mint (800-215-7727).*
3 Vintage Model Trucks	Order _____ set(s) of six model trucks by making checks or M.O. for $59.95 per set payable to: *L'LEDO, Inc. (404-442-9806).*
4 Norman Rockwell T-Shirts	Order Norman Rockwell T-shirts by writing the item letter, size (M, L, XL), and quantity for each T-shirt desired on the lines below. Place additional orders on a separate sheet. Item Size Quantity Item Size Quantity Item Size Quantity _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ Make check or M.O. for all T-shirts desired, at $18 each, payable to: RIM PACIFIC (212-223-3065).
5 Norman Rockwell Video	Order Norman Rockwell Video(s). Check desired box. ❑ $23.93 for one (includes S&H) or ❑ $17.43 (a $6.50 savings!) for each additional video ordered at the same time (includes S&H). Payment by VISA/MC/AmEx or check to: V.I.E.W. Video *(212-674-5550).*
6 Norman Rockwell Lithographs	To order Norman Rockwell lithograph(s), check the box with the number of the lithograph desired. ❑ NR0219-$35.45 ❑ NR0210-$35.45 ❑ NR0215-$35.45 ❑ NR0248-$35.45 ❑ Set of all four-$102.35. Make check or M.O. payable to: *Springdale Graphics (203-357-7600).*
7 Norman Rockwell Plate & Figurine	To order plate, figurine, or both, check the appropriate box. ❑ Plate only—$55 ❑ Figurine only—$100. ❑ Plate and Figurine Set—$145 Make check or M.O. payable to: *Goebel United States (800-558-2376).*
8 Norman Rockwell Figurines	To order Clothtique Originals®, check the appropriate box. ❑ Balancing the Budget—$105 ❑ Hobo—$135 ❑ The Marriage License—$165 ❑ Love Letters—$145. Make check or M.O. for the total payable to: *Rockwell Collectibles (800-558-2376).*
9 Norman Rockwell Clocks	To order a Rockwell clock, check the appropriate box. ❑ 1. Runaway ❑ 2. Girl in the Mirror ❑ 3. Saying Grace ❑ 4. Do Unto Others Make a check or M.O. for $48 per clock, payable to: *World Clock; to order, call (800-558-2376).*
10 Norman Rockwell Mouse Pads	To order _____ unique Rockwell mouse pad(s) with two removable 6" x 7.5" prints beneath its clear top, make a check or M.O. for $17.95 per set (1 pad, 2 Rockwell inserts) payable to: *Data Pad (800-558-2376*).
11 Norman Rockwell First Day Covers	To order First Day Covers, check the appropriate box(es). ❑ Freedom of Speech—$2.50 ❑ Freedom of Worship—$2.50 ❑ Freedom from Want—$2.50 ❑ Freedom from Fear—$2.50 ❑ Self-Portrait—$2.50 ❑ All 5 covers—$10. Make a check or M.O. payable to: *Fleetwood (307-634-5911).*
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(Advertisement)

Do Amish People Know Something That Doctors Don't?

If you are concerned about prescription drugs and their side effects...not to mention their spiraling cost...Look at the Amish. They are robust and healthy. Yet they rely on simple, drug-free home remedies and folk medicine for their everyday health problems.

Their philosophy is "What's old is of the good." They claim their folk medicines, handed down from generation to generation, still work today for everything from colds to *kee-gretz* (foot fungus.)

An encyclopedia of their natural health secrets, called *The Wisdom of Amish Folk Medicine* is now available to the general public. It has hundreds of proven home remedies using simple items you have around your home like vinegar, salt, soda, onions—even olive oil. You'll be amazed at the ordinary spices and herbs the Amish use for their health qualities.

This extraordinary health guide was inspired by a collection of little-known folk medicines gathered by the home remedy editor of a magazine published for the Amish.

Speaking of these health secrets, she says, *"A doctor was usually called as a last resort, after everything else failed, and this wasn't often."*

Learn Amish health secrets like these:

- **Backache?** This home-made liniment has been used for years to relieve aches and pains.
- **Poor memory?** The Amish swear by this common seed to sharpen the memory.
- **Can't take aspirin?** Discover the natural ingredients that have pain killing properties.
- **Allergies?** Use nature's antihistamine.
- **Arthritis pain?** An all-natural tonic can give hours of relief.
- **Prostate trouble?** A good dose of this ordinary tea is the Amish secret.
- **Want to stop smoking?** Learn age-old ways to kick the habit.
- **Trouble sleeping?** This simple remedy is said to induce a peaceful slumber.
- **Nervous?** Enjoy blissful tranquility without drugs.
- **Thinning hair?** Proof of this remedy is seen in Amish people's luxuriant hair and beards.

You also learn health tips for: **constipation, cold sores, menopausal problems, sinus trouble, hemorrhoids, varicose veins and more.**

These are only a few of the many trusted home remedies in *The Wisdom of Amish Folk Medicine.* Learn how to make "Go Back" drops, the Amish stomach remedy. Prepare their "Green Mountain Salve" for boils and sores. Mix up some "Good Samaritan Oil" for colds. Learn Amish flu remedies. Discover 6 ways to relieve muscle cramps, how the Amish use red beets to fight infection, which vegetables and fruits can cleanse and heal, and the Amish natural weight loss method.

After a tiring day try the Amish cure for *augewachsen.* That's their word for the aches that come from a long buggy ride, but it works for any kind of muscle fatigue.

Right now, as part of a special introductory offer, you can receive a special press run of *The Wisdom of Amish Folk Medicine* for only $8.95 plus $1 postage and handling. Your satisfaction is 100% guaranteed. You must be completely satisfied, or simply return it within 90 days for a full refund-no questions asked.

HERE'S HOW TO ORDER: simply print your name and address and the words "Amish Folk Medicine" on a piece of paper and mail it along with a check or money order for only $9.95 to: THE LEADER CO., INC. Publishing Division, Dept. AM1014 P.O. Box 8347, Canton, Ohio 44711. (Make checks payable to The Leader Co., Inc.) VISA or MasterCard send card number and expiration date.Order now.

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Where Do You Think You Are?

(answers from page 82)

(Theme: Cities with Types of Cars for Their Name)

1. Fairmount City, PA
2. Dodge, WI
3. De Soto, MS
4. Bonneville, WY
5. Lincolnville, SC
6. Delta, UT
7. Cavalier, ND
8. Hudson, IN
9. Ford, WA

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Pork's New Profile

continued from page 84

¼ teaspoon hot pepper sauce
2 cloves garlic, crushed

Salad:

1 pound boneless pork loin, trimmed and cut into 2" x ½" strips
1 large onion, sliced
1 large green bell pepper, cut into thin strips (2 cups)
1 tablespoon lemon juice
Romaine lettuce leaves
12 cherry tomatoes, halved

In jar with tight-fitting lid, combine all marinade ingredients; shake well. Place pork strips in plastic bag or non-metal baking dish. Pour marinade mixture over pork, turning to coat. Seal bag or cover dish; marinate at least 30 minutes or up to 2-3 hours in refrigerator, turning pork several times.

Remove pork from marinade. Heat marinade in 12" skillet over medium-high heat. Add pork strips, onion, and green pepper; stir-fry 3-4 minutes or until pork is tender. Drizzle lemon juice over pork and vegetables; remove from heat.

Line 4 individual salad plates with cabbage leaves. Spoon hot pork-vegetable mixture over leaves. Garnish with cherry tomato halves.

Per Serving (1 cup):
Calories: 254 Carbohydrate: 15 gm
Cholesterol: 51 mg Protein: 28.8 gm
Sodium: 572 mg Fat: 8.3 gm
Diabetic exchange: ½ fruit + 1½ vegetable + 3 lean meat

Breakfast Calling!

continued from page 32

flour-soda mixture with softened bran. Add to creamed mixture and add buttermilk. Mix until batter has even consistency.

Dough will keep 7-10 days in refrigerator; at any time, it may be taken out and baked. Store in covered container or bake in muffin cups.

Spray muffin cups with noncaloric vegetable-based spray and spoon batter into cups. Bake 20-25 minutes, or until golden brown.

Per Serving:
Calories: 155 Carbohydrate: 20.2 gm
Cholesterol: 1 mg Protein: 4.2 gm
Sodium: 194 mg Fat: 2.9 gm
Diabetic exchange: 1½ bread + 1 fat

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The Helen O'Connell Treasury

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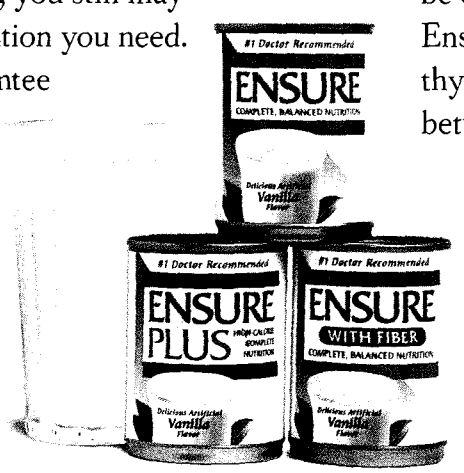

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